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EXCLUSIVE

HE'S THE ROCK STAR OF THE BUSINESS WORLD, BUT YOU MAY BE SURPRISED BY THE GLOBAL REACH OF THE AUDACIOUS SIR RICHARD BRANSON. TODAY, METRO TAKES A LOOK AT:

- POLITICS, AND HIS WORK WITH YOUNG AND OLD WHO ARE CHANGING THE WORLD PAGE 15
- BUSINESS, AND A NEW KIND OF ENTREPRENEUR PAGE 16
- CULTURE, AND THE SEVEN THINGS THAT FUEL HIS PASSION PAGES 22-23
- STYLE, AND HIS TRADEMARK CASUAL-CHIC LOOK PAGE 27
- DRUG LEGALIZATION. BRANSON IS IN FAVOUR, BUT WOULD IT WORK? FIND OUT AT METRONEWS.CA

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U of A makes recommendations after HUB mall robbery, shooting

Review of deadly June incident. Accused in shooting, Travis Baumgartner, expected back in court Friday



LAURIE CALLESEN
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University of Alberta officials said they responded appropriately to the HUB Mall robbery and shooting in June this year, but still released a series of recommendations for improvement Wednesday.

The university completed two reports after an internal review to analyze the reaction of U of A officials, specifically the Crisis Management Team (CMT) and University of Alberta Protective Services (UAPS), following the shooting June 15, which left three G4S armoured guards dead and another seriously injured. While the reports won't be made public until late November, the 19 recommendations have been posted on UAlberta.ca. A third external review is also being conducted.

In a press conference Wednesday, officials said univer-

Quoted

"We believe our emergency response processes and actions functioned effectively in this situation. No members of our community were injured; we worked effectively with emergency responders; we communicated with all of our many stakeholder groups; and the university was able to return to its normal work very quickly."

Philip Stack, U of A's associate vice-president of Risk Management Services and chief author of the reports

sity staff acted appropriately in its response to the shootings, despite the need for improvement.

"You have to think about the circumstances of the event. This took place very quickly, and the danger associated with that event dissipated very rapidly once the (suspect) left the campus," said acting provost Martin Ferguson-Pell, when asked why the information wasn't delivered as an emergency alert.

According to the recommendations, the CMT were responsible to support first responders, students, residents and other members of the university community. The university said it

received several complaints about the lack of information and how fast the information was given to the public. The shooting took place shortly after midnight; the university issued its first informational tweet around 2 a.m. and updated the website with information at 3:30 a.m.

The report outlines communication flaws between CMT staff and university stakeholders, the flow of information between university first responders and the university community and co-ordination with Edmonton police.

Follow Laurie Callsen on Twitter @MetroLaurie



University of Alberta acting provost Martin Ferguson-Pell speaks to media Wednesday following an internal review of the university's response during the June 15 HUB Mall shooting and attempted robbery. LAURIE CALLESEN/METRO

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IndyCar. Bankruptcy leaves business with the bill

The owner of a private ambulance service in St. Albert says he will likely have to lay off staff after the promoter of the Edmonton Indy declared bankruptcy, leaving him with a \$54,000 bill.

Octane Motorsports Events, who had been promoting the race, declared bankruptcy last month, leaving dozens of Edmonton businesses unpaid.

Tim Hawirko, general manager of Alberta Paramedical Services, said the bankruptcy news stunned him.

"We were actually doing planning with them for next year, and all of a sudden I read that they were cancelling the race and declaring bankruptcy," he said Wednesday.

Hawirko said his company had 32 people providing ambulance service over the three-day event for the stands and pit area — costs he may not now make up.

"We will be laying off staff because of it," he said. "The impact is devastating to us."

Soren Wakelin, sales manager at Fast Fence Rentals, is out nearly \$40,000 for the 20,000 feet of temporary fencing they put up on the site.

"It's obviously tough to swallow for a small family-run business," he said. "It's not going to put us under, but it's definitely a big hit."

Both men said they never imagined such a big event would not pay its bills.

Other Edmonton companies who are potentially out money include Alberta Health Services which lost \$50,000, Cowan Graphics which lost \$70,000, and the Sawmill Banquet Centre which lost \$188,000.

RYAN TUMILTY/METRO



Matthew Harrison, left, sits with his lawyer Richard Mallet during a press conference Wednesday. Harrison is the representative plaintiff in a massive beef lawsuit.
RYAN TUMILTY/METRO; INFOGRAPHIC SOURCE CFA, ALBERTA BEEF PRODUCERS

E. coli lawsuit looks national

Accountability.
Edmonton man
launched class-action
against XL Foods
after becoming ill

RYAN
TUMILTY
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The lawyers behind a class-action lawsuit of XL Foods hope to bring on board Canadians across the country that were sick or had to throw away beef.

The southern Alberta meat processing facility remains closed, and more than 1,500 products have been recalled over concerns that they are tainted with E. coli.

Edmonton man Matthew Harrison, the lawsuit's representative plaintiff, got sick after consuming steaks at a friend's barbecue. He said he wants to make sure the company takes food safety more seriously.

"Someone needs to be held accountable for this. The meat never should have left the plant," Harrison said Wednesday.

"If the Americans found it at their border, why didn't someone find it before it left the plant?"

Richard Mallet, the lead lawyer on the suit, said since they announced it they have had dozens of calls from people looking to join up.

"Since the news broke yesterday, we have been getting a number of calls. We have had

calls from British Columbia, from Ontario and from Alberta," he said.

Mallet added they haven't determined how much to seek in the suit, and that the number will ultimately be based on whether people became ill or whether they simply purchased the tainted meat.

Harrison's meat came from a Costco store and local health officials did raise concerns about a tenderizing process used at that store. Concerns have also been raised about the government inspection process.

Mallet said right now they are only looking at XL Foods' involvement.

"Our focus right now is on the original supplier and going back to the source," he said.



Press conference

Food safety a high priority: Minister

Federal Agriculture Minister Gerry Ritz appeared at a Calgary news conference Wednesday, which was cut off by his aide after about 10 minutes.

Ritz, who toured the XL plant in Brooks, Alta., earlier Wednesday, said the government's "highest priority" is to keep the food Canadians eat safe.

"That is why the XL Foods plant will only resume operation when the president of the Canadian Food Inspection Agency has confirmed in writing to me that the health of Canadians is not at risk," Ritz said.

"Canadian consumers have always been, and will continue to be, the government of Canada's first priority when it comes to food safety," Ritz said. **THE CANADIAN PRESS**

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AUPE

1 NEWS

Construction

Traffic tie-ups
continue on
Low Level Bridge

Traffic headaches will continue through the week as construction crews try to fix structural problems on the Low Level Bridge.

The city is aiming, but not promising, to have a steel

plate across the bridge where they are doing work during the morning and afternoon commutes, but the bridge will be down to one northbound lane between 9 a.m. and 4 p.m. until Friday.

The northbound lane will close permanently through the long weekend as crews continue emergency structural repairs. The city hopes to have the bridge fully open by 6 a.m. Monday. **METRO**

Spending priorities

Albertans get say
on 2013 budget

Public open houses are slated for nine Alberta communities, including Edmonton, as the provincial government determines budget priorities.

For more information, visit dollarsandsense.alberta.ca. **METRO**

Class-action

Man accused of
Innisfail bombing
faces \$80M lawsuit

As many as 90 people have come forward, with more expected, in a class-action lawsuit against a financial adviser accused in an Alberta bombing death.

Brian Andrew Malley,

who has been charged in the murder of former client Victoria Shachtay, was named in an \$80-million class-action lawsuit filed in Red Deer this week. The suit claims Malley engaged in unsuitable investment practices.

Malley was charged earlier this year with first-degree murder, when a parcel exploded after being delivered to Shachtay's home in Innisfail. **METRO**



Brian Andrew Malley CONTRIBUTED

Trudeau aims to carve out middle ground, engage public

Hostile territory.

Trudeau makes first stop on leadership campaign trail in Calgary, despite historic lack of popularity in Alberta



ROBSON FLETCHER
Metro in Calgary

Federal Liberal leadership candidate Justin Trudeau addressed hundreds of supporters in Calgary Wednesday, saying he aims to carve out the middle ground in Canadian politics and re-engage a public largely disillusioned with the status quo.

Trudeau said he wants to engage voters who are tired of "the same old, same old" in Ottawa and who are "hopeful that we can have a better type of politics."

Calgary crowd

- Trudeau commended the gathered faithful as the "bravest Liberals in the country" for standing with the party despite its historic lack of popularity in Alberta.
- He also commended them for their commitment to being "moderate, centrist, contemplative, pragmatic and evidence-based" in their politics.
- "You reject the politics of resentment and division that are the hallmarks of our opponents, both on the left and the right," Trudeau told the crowd.

Despite Alberta being hostile territory for Liberals, Trudeau said it made sense to make Calgary his first stop

after announcing his leadership campaign in Montreal on Tuesday.

"We have to make sure any party that wants to be a national party, wants to be serious about being a party that all Canadians are going to pay attention to, has to connect with all Canadians across the country," he said.

University of Calgary political science professor Barry Cooper, however, described that view as "naïve" and said regional divisions in Canada are unlikely to be bridged by any leader or party.

"There never has been a national party, at least not since the 1930s," Cooper said. "That's the fundamental reality of the federation and Liberals have often wished it was otherwise."

When asked about his father's unpopular policy, Trudeau replied, "I had nothing to do with the National Energy Program. I was 12 years old."



Justin Trudeau speaks to supporters at the Dashmesh Seniors Centre in Calgary on Wednesday after announcing his candidacy for leader of the Liberal Party of Canada. ROBSON FLETCHER/METRO



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WORKOPOLIS



Edmonton charities and other fundraising organizations may experience a setback if the NHL lockout proves to be lengthy and there's no hockey at Rexall Place in the coming months. METRO FILE

Edmonton charities would feel pinch of NHL lockout

50/50. If the season is delayed or doesn't happen at all, 45 charities could lose out



LAURIE CALLEN
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Even though there won't be any games on the ice for the

foreseeable future, Edmonton charities say there will still be a loser during the NHL lockout.

Organizations, such as charities and ringette and minor hockey teams, that fundraise through the 50/50 draw at 41 Oilers regular-season home games will still be accommodated once the lockout is over, but groups may not get their original dates, explained Edmonton Oilers Community

Foundation executive director Natalie Minckler.

"We're monitoring it, and just waiting to hear word from the NHL. As things progress, we'll roll the groups into the second half of the season as required. If the entire season is lost, we'll roll those groups into the next year," said Minckler.

The community foundation and charities split an average of \$56,000 per game, meaning the

charities could miss out on up to \$28,000 if a game isn't held.

For an organization like CHED Santas Anonymous, they'll miss out not only on money, but also on the exposure that would come from their Dec. 1 date, said executive director Lana Nordlund.

The group accepts donations all year round, but doing the 50/50 after the Christmas season can cause some headaches.

"It does cause us some administrative over-work. We're scheduling volunteers right now for our December date and we're trying to confirm those volunteers, but then we'll have to go through the whole cycle again if the date changes," said Nordlund.

NHL negotiations are currently underway. Currently, no regular-season games have been cancelled.

High school. Boards see improving completion results

High school completion rates at both Edmonton school boards are up, according to provincial results released this week.

The Edmonton Public School Board had a completion rate of 76.1 per cent, below the provincial average, but up from last year. The Edmonton Catholic School District had a 79.8 per cent rate, above the provincial average of 79.6.

Catholic board spokesperson Lori Nagy said they have targeted high school completion by focusing on vulnerable students.

"We have now put in place graduation coaches in each of our schools," she said. "Those coaches develop a relationship with people who are at risk."

EPSB chair Sarah Hoffman said she was pleased with her board's results.

"We are definitely on the right trend for high school completion. We had 1.2 per cent increase, which is twice the increase in the province."

On the diploma exams, the public board had better scores than the provincial average in chemistry, physics, science and biology, but English and social studies scores were both several points below the provincial average.

Students in the Catholic board exceeded the provincial average in English, social studies and science, but were slightly below it in biology, chemistry, physics, French, and both pure and applied math. **RYAN TUMILTY/METRO**

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Steve Budnarchuk, co-owner of Audreys Books in downtown Edmonton, is seen here at his store in this file photo. The store will be the only larger independent bookstore in town — not including second-hand shops — since Greenwood's is closing on the weekend. METRO FILE

Indie bookstore says last chapter not written — yet

Support. Relationships with customers, shop local movement key to success

And then there was one.

Actually there are plenty of places in Edmonton to purchase books, but since Greenwood's Bookshoppe is shutting down this weekend, that leaves Audreys Books as the only larger independent bookstore in the city.

"We're very disappointed and saddened by the loss of Greenwood's," said Steve Budnarchuk, who owns Audreys with wife Sharon. "It's better

for there to be two of us in town, even though we were competitors and rivals.

"We're not happy to see them go."

Budnarchuk said it has led to questions from customers about his business. "We're not pretending it's a rosy picture," he said Wednesday. "All of these factors ... are having an effect on us, so we're just having to work that much harder."

The main issue is online retailing, said Budnarchuk, adding that while e-books are the newest thing, they haven't had a major impact — yet.

According to Surjit Singh Rai, associate chair of NAIT's bachelor of business administration degree, independents

just can't compete with the selection or price of chain stores.

They have to be a destination and provide something "distinctly Edmontonian," he said.

But they also need support. "There's a lot of people that want it in the background but don't really speak with their wallets."

Goodbye Greenwood's

- Gail Greenwood announced the closure of her bookstore online Tuesday, mainly due to the death of her brother and business partner.



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40 km/h limit

Council approves speed reduction policy

City council approved a new speed reduction policy on Wednesday that will allow communities to apply for a 40km/h speed limit.

In order to apply, though, the following will be needed: a letter of support from the community league, recommendation from city administration, and evidence of support from two-thirds of area residents. The policy follows a pilot project in 2010, which saw six communities test the 40km/h limit and three keep it. METRO

Reward. \$10,000 offered for Old Man Winter Bandit

The Calgary Police Service and the Canadian Bankers Association are on the lookout for a suspect known as the "Old Man Winter Bandit", who they say may be responsible for eight bank robberies across Western Canada.

The Canadian Bankers Association is offering a \$10,000 reward to anyone who provides information leading to the arrest and conviction of the bandit.

The suspect is described as Caucasian, 50-60 years old, between 5'8" and 6'0" tall with a medium build. Police say he has been clean and unshaven at different times and has short

grey hair, usually with sunglasses on top of his head.

Those with information are asked to call Crime Stoppers at 1-800-222-8477. METRO



The "Old Man Winter Bandit," seen here, is wanted by police for a number of bank robberies. A reward was announced Wednesday. CONTRIBUTED

Nuclear sanctions partly to blame for currency plunge

Iran. Rial hits a record low against the U.S. dollar in street trading on Tuesday

Police threatened merchants who closed their shops in Tehran's main bazaar and launched crackdowns on sidewalk money changers on Wednesday as part of a push to halt the plunge of Iran's currency, which has shed more than a third its value in less than a week.

The measures underscore a concern by officials facing one of the most destabilizing scenarios, which has been partly blamed on the fallout from Western sanctions over Tehran's nuclear program.

Public anger has mounted over a combination of a falling currency and rising prices, which have put staples like chicken and lamb out of reach of many low-income Iranians.

The shrinking rial also has



The bazaar in Tehran in July. Iran has launched crackdowns on street money changers to halt the plunge of their currency. VAHID SALEMI/THE ASSOCIATED PRESS

rekindled bitter political feuds between President Ahmadinejad and his rivals, who claim the crisis has also been fed by misguided monetary policies. Iran's rial hit a record low of

35,500 against the U.S. dollar Tuesday in the widely followed street-trading rate. It was about 24,000 a week ago and 10,000 to \$1 U.S. in 2011.

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Leaked papers. Pope's docs found in butler's home: Vatican police

Vatican police said Wednesday they found thousands of documents hidden inside the home of Pope Benedict XVI's former butler, including original documents signed by the Pope bearing indications they should be destroyed.

The police officers testified in the trial of Paolo Gabriele, the Pope's once-trusted butler who faces four years in prison if convicted of aggravated theft for allegedly stealing papal documents and leaking them.

Prosecutors have said Gabriele, a devout 46-year-old father of three, confessed to leaking copies of the documents to journalist Gianluigi Nuzzi because he wanted to expose the "evil and corruption" in the church to help put it back on the right path.

The documents have ignited an uproar, for they revealed infighting and alleged corruption in the Vatican as the Pope grows older and more frail.

The security breach has been one of the most damaging scandals of Benedict's seven-year papacy.

Gabriele said he stood



In this photo taken in May, Pope Benedict XVI, with his butler Paolo Gabriele, delivers his blessing in St. Peter's Square. THE ASSOCIATED PRESS

by his confession and acknowledged he betrayed the Pope's trust, but he nevertheless pleaded innocent to the charge of aggravated theft.

The final four witnesses in the trial were heard Wednesday, and closing arguments are set for Saturday, when a verdict by the three-judge Vatican panel is expected.

THE ASSOCIATED PRESS

Protester pulled from his perch atop St. Peter's



Italian businessman Marcello De Finizio protests on the dome of St. Peter's Basilica on Wednesday. THE ASSOCIATED PRESS

Economic reforms. Italian businessman protesting latest austerity measures atop basilica pulled inside by firefighters

An Italian man gave up his protest atop the St. Peter's Basilica after more than 24 hours perched on the 130-metre-high dome to demonstrate against government reforms.

The man, identified as Marcello De Finizio, the owner of a beach-front concession and restaurant in the northern city of Trieste, climbed up Tuesday evening.

Protest

"I am not a crazy man who wants to kill himself."

Marcello De Finizio, businessman
Talking to Sky24 by cellphone from his perch explaining he is protesting, not suicidal.

Two firefighters helped pull De Finizio inside the basilica on Wednesday evening, a full day after he eluded Vatican security to scale the dome.

In a surreal contrast, Pope Benedict XVI's regular papal audience — which draws tens of thousands of pilgrims on Wednesdays — went on as scheduled despite the protest taking place on the dome above.

De Finizio put up a banner saying "Help! Enough Monti!" — referring to President Mario Monti, the architect of Italy's economic reforms.

Italian media said he had spent three nights on a 70-meter (230-foot) tall metal structure in Trieste earlier this year in a similar anti-reform protest.

De Finizio, who reportedly lost his restaurant in a fire and has struggled to get a loan to rebuild, has received moral support from other concession owners, who issued a statement saying they shared his "uncertainty about the future."

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Monarchy adversary dies before becoming a Canadian citizen

Dream unfulfilled.

Toronto lawyer Charles Roach crusaded for change to citizenship requirements

A man who refused to take the oath of citizenship because of his opposition to the monarchy has died with his decades-long dream of becoming a Canadian unfulfilled.

Toronto civil-rights lawyer Charles Roach, who immigrated from Trinidad and Tobago more than half a century ago, died Tuesday after a battle with brain cancer. He was 79.

Roach had fought to change the country's citizenship requirements to allow people to swear an oath to Canada instead of the throne, which he said represented a legacy of oppression, imperialism and racism.

A New Democrat MP is now calling on Ottawa to make Roach, who was a prominent



Human-rights lawyer Charles Roach
AARON VINCENT ELKAIM/THE CANADIAN PRESS

community activist, a Canadian citizen posthumously. In a statement Wednesday to the House of Commons, Andrew Cash urged the government to honour Roach with the status.

"People may not agree with the views that Mr. Roach expressed around this issue, but I think you can disagree and still respect the man and his contributions," the Toronto MP said in an interview from Ottawa.

Cash said he tried asking Immigration Minister Jason Kenney last week to fulfil Roach's

dying wish to become a Canadian citizen by pledging allegiance to Canada, instead of the Queen. He said Kenney did not respond to the request.

But Immigration Canada quickly shut the door on any chance that Roach would be given his citizenship after death.

"There is no provision under the Citizenship Act for the Minister of Citizenship and Immigration to grant citizenship posthumously," a departmental spokesman said Wednesday.

Roach, who said he believed there were many other residents of Canada like him, initiated the first of several court challenges to remove the royal reference from the oath in the 1990s.

His latest legal battle will continue after his death because there are other applicants, said friend and colleague Peter Rosenthal, a Toronto lawyer who will argue the case before the Ontario Superior Court in July. **THE CANADIAN PRESS**



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Who won Denver dogfight?

Maybe it was Mitt's night. In the Twitter universe, it seems he won on points over stay-cool Obama

The race to the White House took a heated turn Wednesday night as U.S. President Barack Obama and Republican challenger Mitt Romney clashed over taxes and jobs.

After hundreds of campaign stops, \$500 million US in mostly negative ads and countless tit-for-tat attacks, Obama and Romney went head-to-head in a high-stakes TV showdown watched by millions.

Romney pointed to the weak U.S. economic recovery, arguing that Obama's policies have failed and he doesn't deserve another term.

"Going forward with the status quo is not going to cut it for the American people who are struggling today," Romney said in the Denver debate.

Obama accused Romney of wanting to "double down on the top-down policies" that led to the economic



The debate is over and it's time to forget the barbs. The Obama and Romney families talk in Denver Wednesday night. CHARLES DHARAPAK/THE ASSOCIATED PRESS

crash four years ago.

Romney denied that and said that under Obama's policies "middle-income families are being crushed."

Romney said he would repeal and replace regulations passed after the 2008 financial crisis.

Obama responded: "Does anyone think there is too much oversight and regulation of Wall Street?"

If so, he declared, "Gov. Romney is your candidate."

Obama said Romney's plan to reduce all tax rates by 20 per cent would cost \$5 trillion and benefit the wealthy at the expense of middle-income taxpayers.

Showing a real-time liveliness that has largely eluded him through 18 months on the campaign trail, Romney brought the A-game nobody

was quite sure he had.

Written off by much of the media as a long-shot, Romney had everything to prove in this, the first of three debates that will sharpen a bitterly divided country as it enters the home-stretch to Nov. 6.

Obama played the debate with caution, maintaining a calm, professorial demeanour as he walked carefully

through the policy weeds of the past four years.

The president's performance was that of a front-runner protecting a lead. And though judgment should be reserved until Americans themselves weigh in, the broad sense of the tweeting commentariat was that Romney won on points.

THE ASSOCIATED PRESS
AND TORSTAR NEWS SERVICE

Happy First Family

Twenty is plenty? No way!

Forget about a date night.

U.S. President Barack Obama and wife Michelle marked their wedding anniversary with a debate.

Their 20th anniversary was Wednesday, the day of the first vital television debate.

"Go figure," the first lady said in a recent TV interview.

Obama said he and his wife have planned a belated celebration on Saturday.

The Obamas will at least spend their anniversary in the same city.

There was a quick moment of laughter during the debate when Obama referred to First Lady Michelle — who was in the audience — as "sweetie" and noted it was their 20th anniversary.

Romney added his best wishes.

Then he said to the first couple, "I'm sure this is the most romantic place you could imagine, here with me."

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Demanding a gun-control plan

New York Mayor Michael Bloomberg, second from left, meets with Aurora shooting survivor Stephen Barton, right, at New York City Hall on Wednesday. Barton, who was shot in the face and neck during the shooting last July that killed a dozen people and wounded 60 in Aurora, Colo., now appears in a national "Demand a Plan" ad campaign urging politicians to make gun control a major priority. The ad is sponsored by Mayors Against Illegal Guns, which was co-founded by Bloomberg. JOHN MOORE/GETTY IMAGES

New Brunswick. More than 3,000 moose killed during record hunt

New Brunswick hunters killed 3,556 moose during last week's three-day moose season.

Natural Resources Minister Bruce Northrup says that's a

record for the annual hunt. He says the figure is up by 44 per cent from last fall, mainly due to an increase in the number of licences made available.

There were more than 4,700 licensed hunters for the Sept. 27-29 hunt, with about 75 per cent successful in getting a moose. THE CANADIAN PRESS



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Serbia bans Gay Pride parade, again

Police cite potential for violence. Decision follows request by Orthodox Church leaders, who call it a 'parade of shame'

Serbia's police on Wednesday banned a Gay Pride march in Belgrade, citing security concerns, but also complying

with a request from Serbia's Christian Orthodox church.

Police said they were banning the march planned for Saturday because they feared a repeat of the violence in 2010, when right-wing groups attacked a Gay Pride event in Belgrade. That triggered day-long clashes with the police which left more than 100 people injured.

Last year's march also was banned by authorities.

The current ban was an-

nounced after Patriarch Irinej, the head of Serbia's Christian Orthodox church, urged the government to prevent Saturday's march. In a statement, he said such a "parade of shame" would cast a "moral shadow" on Serbia — a conservative Balkan country whose gay population has faced threats and harassment.

Allowing a Gay Pride march this year had been regarded by some as a test of Serbia's pledge to respect human rights

as it seeks European Union membership. That was clear in the reaction of European Parliament official Jelko Kacin, who called the ban a "political decision that questions the rule of law in Serbia."

Secretary-General Thorbjørn Jagland of the Council of Europe, the continent's main human rights body, said he was "surprised and disappointed" that the pride event has been banned again.

THE ASSOCIATED PRESS



In this photo from 2010, riot police gather to protect a Gay Pride parade as it moves along a street in Belgrade, Serbia. DARKO VOJNOVIC/THE ASSOCIATED PRESS FILE

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Wikileaks bail jump

Assange allies want their cash

Supporters of Julian Assange are waiting to find out if they will lose the 140,000 pounds (\$222,000 Cdn) they put up in bail surety money because the WikiLeaks founder has sought political asylum in Ecuador's Embassy in London. Assange, 41, has been holed up in the embassy since June 19 as part of his bid to avoid extradition to Sweden, where he faces questioning over sex-crimes allegations.

By seeking refuge in a foreign embassy, Assange breached his British bail conditions.

THE ASSOCIATED PRESS

Bosnian conflict

War crimes suspects freed

Bosnia's war crimes court has acquitted two former Bosnian Serb policemen accused of participating in the 1995 Srebrenica massacre.

The court said Wednesday that prosecutors failed to prove Dragan Neskovic and Zoran Ilic committed crimes against humanity by rounding up Muslim men for execution and then firing into the piles of bodies to make sure there were no survivors.

Judges concluded that witness statements were contradictory and the credibility of some of them was doubtful.

THE ASSOCIATED PRESS



Yes, they could

This photo from 2008 shows the remains of a woman in a grave in Geitzendorf, Austria. The Museum of Ancient History Lower Austria says the remains are that of a woman metal worker from more than 3,000 years ago — the first indication women did such work back then. THE ASSOCIATED PRESS



Together they are stronger: Elders Archbishop Desmond Tutu and Mary Robinson, former president of Ireland, lend their support to Youngers. CONTRIBUTED/JEFF MOORE/THE ELDERS

Where spirit meets action

Double vision. A super team of young activists and senior public figures are aiming at nothing less than saving the world



ELISABETH BRAW
Metro World News in London

It's like Space Cowboys in the real world, with aging heroes returning to save the Earth.

Meet the Elders, a group of senior public figures whose stated purpose is to work, with "an independent voice,

not bound by the interests of any nation, government or institution," for peace and human rights.

That mission can be controversial, as the Elders insist on listening to all sides in a conflict and speaking "difficult truths." Indeed, while Nelson Mandela's wife, Graca Machel, promotes an end to child marriage, former U.S. president Jimmy Carter and Mary Robinson, former president of Ireland, have visited North Korea to broker a peace deal with South Korea.

But when Mandela inspired Virgin Mobile founder Sir Richard Branson to help him launch a network of distinguished politicians, the

Young at heart

"Young people everywhere need to be assured of their incredible power. In turn, they can give us oldies some of their energy!"

Archbishop Desmond Tutu, chairman of the Elders



legendary South African was almost 90. Branson named the new group the Elders. And now they're adding a youth division: The Youngers.

"The major barrier young people have is a lack of belief in youth held by those in power. They feel they have the monopoly of knowledge," says Esther Agbarakwe, a

28-year-old Younger from Nigeria. "There are emerging global civil-society networks working on sustainability that create greater pressure from the bottom up," adds Marvin Nala, 23, a Chinese Younger.

More than mentoring, what young leaders need most is support and a listen-

ing ear, says Katy Cronin, chief operating officer of the Elders. "Elders give The Youngers recognition. They're very talented young people, but they often feel that people don't listen. The Elders listen to them and give them confidence."

The Elders now include Archbishop Desmond Tutu and former world leaders such as Carter and Brazil's Fernando Cardoso. Tutu serves as the group's chairman, while Mandela has retired.

"My fellow Elders and I often travel to places of deep unrest and suffering, but we always find wonderfully bright, inspiring young people who fill us with hope,"

Tutu says. "Five years ago, when he founded the Elders, Nelson Mandela told us to reach out to the youth and that is precisely why — young people everywhere need to be assured of their incredible power. In turn, they can give us oldies some of their energy!"

The Elders have helped negotiate between the Koreans, in the Middle East, Cote d'Ivoire, Sri Lanka and Sudan. Elder statesman Lakhdar Brahimi of Algeria has just been appointed UN peace envoy to Syria.

"The Elders demonstrated their faith in young people and told the world that youth matters," Agbarakwe says.



Esther Agbarakwe CONTRIBUTED

Case study. 'We need to lift people out of poverty'

Esther Agbarakwe of Nigeria, also known as "Esther Climate," has travelled all over Africa leading environmental initiatives, and has served as the continent's co-coordinator for the UN Commission on Sustainable Development.

As a Younger, she has drawn inspiration from Elders Mary Robinson and Archbishop Desmond Tutu. "I was really honoured to be involved and have the influence

to make changes," she says. Agbarakwe feels development has been held back by the "extreme politics and corruption" of African leaders.

"My greatest ambition is to support development that leads to environmentally sustainable growth in Nigeria, lifting people out of poverty and empowering them to hold government accountable."

KIERON MONKS/METRO WORLD NEWS



Martin Nala CONTRIBUTED

Case study. 'Youth have enormous power'

A volunteer litter-picker at the age of 10, Younger Martin Nala has devoted himself to grassroots activism on issues ranging from HIV to sustainability. He led a youth team to the Rio+20 summit.

"The result of Rio+20 is, for sure, depressing regarding nations' co-operation and international regime-building. But on the other side, I saw more energy from grassroots," he says.

Nala is determined to bring sustainability to his homeland of China and believes young leaders will make a difference.

"Youth brought up in cities may not be aware of how serious the problems are at this very moment," he says, pointing to the issue of air quality as an example. "If they see it, they have enormous power to change it."

KIERON MONKS/METRO WORLD NEWS

Entrepreneurs à la Sir Richard

Screw fashion as usual. The new label Maiyet

Fashion. Saving lives. The two can be polar opposites, but upscale label Maiyet hopes you fall in love with its designs first, then continue to purchase from it because of its mission to help local artisans sustain their own businesses.

"What we don't do is produce pity products," co-founder Paul van Zyl explains to Metro. "We design products that people will wear regardless of the cause."

Maiyet scouts rare and unique artisanal items from around the world — like hand-woven cloth from Varanasi, India, and hand-carved bone from Kenya. Then it uses part of its profits to fund training programs to educate craftsmen on how to make better quality products, and how to use their business to provide a stable source of income for their communities.

Maiyet also fronts the money to produce the goods so artisans don't have to be stuck in high-interest loans. All of that is on top of making sure that people get paid fair wages.

Van Zyl's background doesn't exactly scream Carrie Bradshaw: He is the former executive secretary of South Africa's post-apartheid Truth



Maiyet's clothing prioritizes their global artisans. CONTRIBUTED

and Reconciliation Commission and he never really worked in the fashion industry.

What drew him to the project was the idea that people

don't have to choose between doing well in business and doing good for the world. Van Zyl says the economic crisis has made people realize that there must be a better way to

run their companies.

"We want these companies to be small and sustainable and to make beautiful products," he explained.

METRO WORLD NEWS

Screw school as usual. The Khan Academy

With 186 million views — more than Justin Bieber — the latest viral YouTube smash features ... school lessons about math, computer science and the Greek debt crisis? Yup, thanks to Salman Khan.

In 2004, Khan was a hedge fund manager tutoring his long-distance cousins with web videos. "They told me they preferred me on YouTube than in person," is Khan's catchphrase, a self-deprecating remark that's the key to his charm. The idea snowballed.

Eight years later, Khan Academy offers a combination of tutorial videos and an online classroom for the community to talk through their questions. The courses, which range from algebra to art history, are offered 24-hours a day to anyone.

Reinventing school does not come cheap but Khan Academy keeps costs low for the consumer and provides something better than a monetary return — a social return.

METRO WORLD NEWS

Screw soccer as usual. The Homeless World Cup

It started with a chat between colleagues Mel Young and Harald Schmied in a Cape Town bar, discussing ways to bring attention to homelessness.

"Soccer is the 'universal language' that brings people together, wherever they are," says Young. "It is cheap and easy to organize and great fun for everyone — of all ages and abilities. It is also a team game, and is good for health and fitness. Soccer can have a huge impact on people but all sports have the power to change

people's lives."

Today, their Homeless World Cup helps a variety of people including the homeless, people who are struggling with drug and alcohol addiction and those with HIV/AIDS.

All participate in the annual Homeless World Cup tournament, which will take place in Mexico City Oct. 6 through 14 this year.

For Young, what keeps him going is a pragmatic attitude that actions speak louder than words. METRO WORLD NEWS

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More Canadians border-hopping for cheaper flights

A new report finds that a soaring number of jet-setting Canadians are border-hopping to catch cheaper flights.

The Conference Board of Canada report, issued Wednesday, said that about five million Canadians now cross the U.S. border by land every year to fly out of American airports.

Higher airfares and fees and taxes in Canada, as well as differences in wages, aircraft prices and industry productivity, make it 30 per cent cheaper to fly out of the U.S.

The Conference Board says fees and taxes make up about 40 per cent of the cost of an airplane ticket in Canada.

The report suggests that while other factors are beyond government control, small reductions in the air-

fare differential could lead to traffic gains for Canadian airports and carriers. It estimates that changes to Canadian policies alone could bring more than two million passengers a year back to Canadian airports.

Federal Finance Minister Jim Flaherty told reporters Wednesday that Ottawa is "concerned" about the issue and that federal Transport Minister Denis Lebel "has been working on a consultation project with the airlines, with the airport authorities in Canada to try to see what we can accomplish."

"The fact that Canada's largest airports are losing traffic to cross-border competitors matters because it undermines their role as national and international hubs," said David Stewart-Patterson, the board's vice-president

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FANCY RESTAURANTS? STICK A FORK IN ME, I'M DONE



HE SAYS...
John Mazerolle
metronews.ca

So I was at a fancy restaurant recently, which, given my lack of kitchen skills, is a bit like Patrick Stewart at a hair salon or Gandhi going out to play paintball.

A lot of culi-narys like me eat

at restaurants, but rarely has the contrast been this extreme.

On the one hand, you had me: The worst cook in the world, topping out in creativity with my piece de resistance bacon and eggs (now with toast!)

KD Kid

"I needn't have worried. The first good sign was that there was no dress code. Given my hiking boots and jeans I assumed they'd say, 'Good evening sir, the loading doors are out back. We fill the dumpster at about 11:15.'"

On the other, you had the restaurant: Geranium, an establishment in Copenhagen overseen by the best chef in the world.

Geranium is a Michelin-starred restaurant, so that guy made of tires likes it, and the "best chef" label comes thanks to the Bocuse d'Or, a world cooking contest revered by chefs because it's the only one ever created that doesn't involve Gordon Ramsay.

I felt so out of place that I was nervous when I arrived.

Understand that my childhood eating experiences were centred around meals like soggy fish sticks and Grade "Needs Remedial Help" beef.

I eat at lots of restaurants now, it's true, but I still felt like there was potential for embarrassment at such a classy joint. Maybe I'd do the wrong thing and everybody would freeze.

"Gasp! He's using the dessert fork for the appetizer!"

"My. God. Toss him?"

"No. But let's change the meal to a bowl of Kraft Dinner and a pat on the head."

I needn't have worried. The first good sign was that there was no dress code. Given my hiking boots and jeans I assumed they'd say, "Good evening sir, the loading doors are out back. We fill the dumpster at about 11:15."

Instead, they led me to my table and were very patient with me as they explained each of the 15 courses.

Server: Did you enjoy your emmer and spelt, sir?

Me: Maybe?

Server: You're doing fine, sir.

Me: I think I ate my napkin.

Server: Very good.

If I had eaten my napkin, you can bet they would have come running with a new one. That was a perk I learned quickly: Finish a drink, they refill it. Done with a fork, here comes a new fork. I was alone, but if I had a date with me I might have knocked her from her chair just to see if they'd immediately plunk down a new one.

So the service was fantastic, and the food was great, too.

I came away inspired and planned to change my personal cooking habits. From now on, whenever I eat a strip of bacon I will immediately replace it with another strip of bacon and so on in that fashion. The Bocuse d'Or is mine.



In order to climb the ranks in the restaurant biz — refill, refill, refill.

JOHN MAZEROLLE/METRO

Bite-size meal for a beast



CAMERON SPENCER/GETTY IMAGES

Sydney, Australia

Croc wakes up to a beefy breakfast

Rex, one of the world's largest crocodiles, feasts on beef ribs after waking up from his lengthy slumber.

It's the first meal after three months of hibernation for the five-metre, 700-kilogram saltwater crocodile, who resides at Wild Life Sydney Zoo. Keepers Wednesday lowered the food from a safe distance to avoid being part of the meal themselves. **METRO**

Crocodile digestion

They need plenty of sun in order to eat

Body temperature is the key reason why crocs feast between long intervals.

"As crocodiles are cold-blooded creatures, they need sunlight to give them the energy they need for metabolism, in order to digest their prey items," crocodile specialist Shaun Foggett told Metro.

Saltwater crocodiles are one of the few predators that consider humans to be a prey item. **METRO**

Saltwater crocs

- **Size.** Largest living crocodilian — specimens at 1,000 kilograms are not uncommon.
- **Speed.** Can swim at 40 km/h and can travel 32 km/h land. "Their speed is the most astonishing thing about them," Foggett said.



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Do you fear a looming bacon shortage?

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SOMEWHAT.
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PETS, NOT FOOD.

29%
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WILL I PUT ON
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@internraig:

Yikes, I see my breath and I'm still wearing just a t-shirt and shorts...
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#yeg

@LiamCreswick:

I might be one of the only people in #yeg who leaves downtown to go work on the North side.

@KikkiPlanet:

This meat recall thing needs a parody song. I vote for Soft Cell's 80's hit. "Tainted Meat. Tainted meat. Don't touch it please"

@kylefox:

My brain twitches every time the bus driver asks me to place my ticket stub in the box marked "COINS ONLY" #yeg #yegtransit

@journalistjeff:

I swear I spotted @longjohn-index interns running around #yeg this morning. Not yet, please not yet!



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Don't miss the last year of Edmonton's Scarecrow Festival, Oct. 12 to 14 at the Edmonton Expo Centre. COURTESY SCARECROW FESTIVAL

Last call for the heebie-jeebies

Scarecrow Festival. Infamous fest in its last year — but it's going out shrieking



JENNIFER LARAWAY
Jennifer Laraway
edmonton@metronews.ca

After 20 years of spook-tacular fun, Edmonton's Scarecrow Festival is going out with a scream.

"The decision to end the festival was not an easy one, but after careful review of the resources needed to host

such a large event, it was decided that the 20th year would also be the final year," said Brenda McClelland, Scarecrow Festival chairperson.

Needless to say, this year's grand finale will be one to remember. Running Oct. 12 to 14 in Hall B of the Edmonton Expo Centre, kids of all ages can get dressed up and take part in any number of activities, including traditional haunted houses, cookie decorating, and even a "mortal wounds" area where people can get a lifelike scar or bullet wound applied.

McClelland was happy to spill her guts about what's

sure to be the main attraction: "We will be featuring Big Al's Creepy Crawly Cove, which will have all sorts of creatures for the kids to look at and learn about.

"Sessions will be held in the Whispering Tomb throughout the weekend and that will give the kids an opportunity to see the critters really close up."

It will take more than 1,000 volunteers to pull off the final Scarecrow Festival, which has attracted nearly 15,000 Edmontonians in past years.

"Most people have no idea about the amount of work that goes into prepar-

Gala event

- The festival is also hosting a Magic and Masquerade Gala on Oct. 12, at the Fantasy Land Hotel.
- Tickets to the gala are \$100 and available online.

ing something that only runs three days a year," McClelland says.

"At the end of last year, I had 10 new ideas before the trucks pulled out of the expo centre and we've been working for a year to make

those and many other ideas a reality."

The results include more than 20 activities and stations that will keep everyone entertained.

Admission to the festival is \$4 and children under two are free. Once inside, games and activities are accessed by purchasing tickets, which cost 50 cents each. The stations range from two to 12 tickets.

Proceeds benefit the ABC Head Start program, a preschool and family support program available to low-income families.

For a full list of activities and details, visit scarecrowfestival.org.

On the web



Qriket

Sweden to open museum showcasing career of '70s pop group ABBA

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EVENT PARTNERS



Cesar Millan's techniques can help transition a farm dog into a city dog

Using confidence to overcome tension.

Planning, controlling a dog's instincts are key to making major life changes go smoothly

LIZ

BROWN

liz.brown@metronews.ca

Diving on top of my dog, April, to stop her from darting out onto a busy Toronto street in pursuit of a squirrel, left me with two bloody knees.

As I limped home, April jerking me in all directions in search of more prey, I knew I needed help.

My seven-year-old lab mix wasn't exactly adapting well to city living after spending the last year on my mom and dad's farm. Instead of spending her days prowling bucolic fields for rabbits and heading out on off-leash hikes with my family, she was now confined to a 350-square-foot bachelor apartment and spends at least eight hours alone each day. Aside from pulling me into oncoming traffic, she was also chewing bald patches in her coat. Short of sending her back to the farm, I didn't know what to do.

So when I limped into work last week after my April accident and my boss asked me if I wanted to interview Cesar Millan, who was in Toronto at the Newstalk 1010 studio to talk about his Trust Your Instincts Tour, I took the assignment. If there was anyone who could help me, it was the Dog Whisperer.

How do you help a dog make a major transition?

It's very important to know us from an energy perspective. That's the best thing you can do to any dog to let it know that you're welcoming them into this chaotic life.

portant we acknowledge their uncertainty. What we need to do is no touch, no talk, no eye contact with dogs that come from an area where it's not as hectic. We need to let them come to us and get them to know us from an energy perspective. That's the best thing you can do to any dog to let it know that you're welcoming them into this chaotic life.

How do I get her to stop chasing squirrels?

That's the thing. On the farm you don't mind that, you know she's coming back. But at the same time, there's one thing I would teach farmers: If you're ever going to bring a dog to the city, you have to do the transition of it ahead. You can control instincts, hunters do it all the time. So you have to be able to control that desire. (He points to the harness I have on April) Number one, that harness is not going to help you. A harness is

for pulling or tracking behaviour. A harness creates this (he stands up, darting back and forth and sniffs the air). And then the human is doing this (tenses up and looks afraid) "no, stop it, no, heel, no, over here, no, leave it." So the human is talking, but he's not creating calmness. The leash on the neck creates a calm state.

For more...

- **Cesar Millan's Trust Your Instincts Tour.** Canadian tour begins Nov. 4 in Victoria, and stops in 19 cities. For information about the show closest to you, visit metronews.ca.

- **Video.** Go to newstalk1010.com for an in-depth interview.

How can I stop her from chewing?

It's a physical reaction to the new life because the level of stress. It's the same thing as why people numb themselves more often in the city than on a farm, because on a farm you're tired from physical work and the relaxation. (April starts chewing as we're talking, Cesar gives her a swift touch). You just give her a touch to stop the chewing. A lot of people will grab the nose and the mouth and say "no don't lick yourself, stop it." That doesn't work because you're giving the dog tension when he's already tense. So first, I stop the behaviour, then let her go into a calm state.

How can I give her enough exercise?

You need rollerblades. You need to match her speed.

Um, I'm not you, I've seen you on TV with rollerblades and dogs. I can't do that.

(Laughs) I control the speed and direction. We know dogs don't want to walk, they want to run. Most people bring them from the house to the

dog park and that's not healthy. What I'm saying is that "I'm going to take you out of the house and you and me, we're going to run." And the dog thinks "you were with me the whole time, telling me what not to do, what not to chase." You need to be in control. Sometimes I have 15 dogs when I'm rollerblading.

Have you ever had any crazy falls?

Of course. But I just get back up. I used to surf. The waves knock you down all kinds of times, but you get back out there. I don't have fear. I'm not afraid of dying, it's not in my space. When you fall, sometimes the dog still goes and he's still excited and then you're chasing him and it's "cluck, cluck, cluck" on your rollerblades and he thinks you're playing (laughs).

So what's the most important thing for dog owners to remember about transitions?

What we have to understand is number one, how do we feel about this transition. And be honest, you have to have some brutal honesty. "I'm nervous, I'm fearful, I'm anxious, I'm confused." It's OK, so now you know the problem is not the transition for the dog, but how your energy affects them.

I train people and rehabilitate dogs. I train people to see themselves as energy.

So it doesn't matter what you want in life, it matters how you deal with life.



Cesar Millan teaches Metro's Liz Brown a few tricks to help her Labrador-mix, April, get used to the big city. SUPPLIED

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Famke Janssen won't be surprised if she and the franchise get Taken again

Interview. Actress returns to Luc Besson film for Taken 2 and won't rule out another return despite Liam Neeson's objections

HEIDI PATALANO
Metro World News

She's been a Bond villain, X-Men's Jean Grey, an alluring transsexual on Nip/Tuck and soon, an evil witch in Hansel and Gretel: Witch Hunters. But right now, Dutch actress, model, writer and director Famke Janssen is focused on the reprisal of her role as Lenore, the long-suffering ex-wife of retired CIA operative Bryan Mills (Liam Neeson). While she and her daughter (played by Maggie Grace) survived the first round of Eastern European thugs in Luc Besson's Taken, the family of three faces a challenge of a different kind when vacationing in Istanbul for the film's sequel. Janssen spoke to Metro about the new film and how she broke a rib in the honor of a convincing action sequence.

You've remarked that the chaos of Istanbul enhanced your performance while filming Taken 2 there. Tell us more about what happened on set.

It's an absolutely breathtakingly beautiful place — very old but it also has one of



The calm before the firestorm: Lenore (Famke Janssen) and Bryan Mills (Liam Neeson) enjoy their reunion in Istanbul. HANDOUT

the fastest growing economies so it's just outgrowing its own size and as a result there's more cars than the city knows what to do with, more people, more mopeds, more wild dogs, more motorcycles so it's just the mosques that are there with loud speakers on them and they are competing with one another in terms of the prayers that happen at numerous times during the day. It goes through these loud speakers and between all of that there's so much going on that for a film shoot, it was a pretty chaotic experience but that really worked in my

favour for the things that we were filming.

You shot at the Grand Bazaar. There are so many stray animals there.

Yeah, stray cats and dogs. I actually brought my own dog with me but they were not particularly fans of Licorice. It was a little bit sad but it's just a different culture. They don't keep dogs as pets in the way that we do.

What happened with your dog? Did he get into a scuffle on set?

Not with other dogs, somebody tried to kick him so

that was a little bit disconcerting. That was not a good moment but other than that, the experience was really fantastic so I don't want to say anything bad about Istanbul or anything

You have quite a physically demanding role in Taken 2. Did you have to hang upside down as your character does at one point in the film?

Thankfully I did not have to be hung upside down. They had a double for me to do that, which was great. I was just being dragged around a bunch. It was more that I had a bunch of stunt guys on

either side who would drag me through hallways or dirty alleys or whatever. And of course (there was) the whole sequence with the scissors and knife or whatever on my face — moments like that there's just very little acting required. It's just using what's there.

Considering you've done a fair share of action films, including 1995 Bond film GoldenEye, what's one of the worst injuries that you've sustained while being on set out of any of your experiences?

I've actually broken a rib

Quote

"I've actually broken a rib twice. I broke my rib on GoldenEye and I broke a rib on Hansel and Gretel: Witch Hunters, the movie that comes out in January with Jeremy Renner."

Famke Janssen

Talking about her movie career.

twice. I broke my rib on GoldenEye and I broke a rib on Hansel and Gretel: Witch Hunters, the movie that comes out in January with Jeremy Renner. So I've experienced some injuries. On Hansel and Gretel on top of everything, I had prosthetic make-up and I couldn't see because I had contacts that covered my whole eyes, so these things are always a little challenging.

What do you think would happen in a third Taken film?

Maybe they could do what I already suggested for Taken 2, which was that Liam (Neeson) was going to be taken and Maggie (Grace) and I would come and save him, but nobody liked that idea, apparently. I was joking by saying that of course. I don't know, Liam apparently is adamant about not wanting to do a Taken 3 and the director of our last movie, Olivier Megaton said that there was not going to be a Taken 3. I always say you never know.

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THE MANY FACES OF THE VIRGIN MAGNATE

“Like a virgin, touched for the very first time.” OK, it’s a Madonna hit — but Sir Richard Branson comes to mind whenever you hear the word ‘virgin.’ Today, Branson’s group, which runs some 400-plus companies in areas from mobile telephones and travel to music and health services, has more than 50,000 employees and annual revenues of around \$21 billion US.

An iconoclast and adventurer, he is also deeply involved in non-business activities. Meet the other Bransons.

ELISABETH BRAW
elisabeth.braw@metro.la



ILLUSTRATIONS: MIA KORAB/METRO WORLD NEWS

Disarmament: Let's get rid of that old junk and save money

Twenty years ago, the United States and Russia had thousands of nuclear weapons each.

The arsenal was called MAD, Mutually Assured Destruction, because they could easily annihilate the world many times over.

Today, the world's nuclear powers — the U.S., Russia, Britain, France, China and unofficial nuclear countries like India and Pakistan — still have hundreds of nuclear warheads.

That's enough to destroy the world many times over, and these weapons cost more than \$1 billion US per decade.

As a result, Sir Richard Branson

He says

“Getting rid of nuclear weapons would save a lot of money and would solve many of the world's current deficit problems.”

Sir Richard Branson

and some 300 world leaders have formed Global Zero, a global organization that advocates eliminating all the world's nuclear weapons.

“From a deterrent point of view, a country only needs 300 nuclear weapons,” Branson told Metro earlier this year.

“Getting rid of nuclear weapons would save a lot of money and would solve many of the world's current deficit problems.”

That's because maintaining the current nuclear stockpile is hugely expensive: The total cost to official and unofficial nuclear weapons states is expected to surpass \$1 trillion US in the next decade, according to a study released by Global Zero.

Global Zero now also has some 400,000 members worldwide.

The Elders: working for peace

They're old — and cool.

When Nelson Mandela retired as President of South Africa, he wanted to use his stature to help solve conflicts around the world. He turned to Branson, who agreed to co-found and fund The Elders.

And The Elders are just that: older statesmen whose reputation allow them to crisscross the world and help solve disputes.

Mandela has since been joined by, among others, his old friend Archbishop Desmond Tutu, Graca Machel (Mandela's wife, who has a long political career in her native Mozambique)

and former U.S. president Jimmy Carter.

The Elders fill a unique need in international politics as there's no institution or organization to which parties in conflict can turn.

The United Nations appoints envoys, but their missions are official and subject to pressures from UN member states. The Elders go in a private capacity.

And after missions to the Koreas, Middle East, Cyprus and Sri Lanka, The Elders have gained the top players' attention: Lakhdar Brahimi, one of The Elders, has just been appointed UN envoy to Syria.

Space exploration: The sky is no longer the limit

The state of New Mexico hosts a novel installation: a spaceport. Starting next year, space tourists willing to pay \$200,000 US will be able to blast off from Spaceport America on a Virgin Galactic spacecraft. They'll spend two and a half hours in space and five minutes in weightlessness.

Branson says his flights are not frivolous — scientists will use the flights to carry out research on the ozone layer and NASA will rent space on flights.

His quote

"I know there are literally thousands of people who would love to go to space, to be able to look out the window, to marvel at the beautiful Earth."

Sir Richard Branson
told AFP news agency

Legalizing drugs: Follow Portugal's example

Take a look at Mexico: between January and September last year, nearly 13,000 Mexicans were killed in drug-related violence. Since the country's government launched its war on drugs six years ago, nearly 48,000 people have been killed.

More than 50,000 troops and policemen are involved in the war against drugs — and that's just in Mexico.

Each year, some \$13 billion US worth of drugs are smuggled from South America to the United States.

Combating drugs, argues Branson and others, is a waste of time and money.

Online

For more on Branson's push for decriminalizing drugs, click on metronews.ca.



Earlier this year, he testified to the British Parliament about the benefits of decriminalizing drug use, noting that countries like Portugal, which have decriminalized drug use, have seen a drop in both the number of drug addicts and the amount of drug-related crime.

In fact, Branson joins a

growing chorus of voices in favour of softer drug legislation. Together with global leaders like Peruvian writer Mario Vargas Llosa and Ernesto Zedillo, former president of Mexico, he has formed the Global Commission on Drug Policy, which supports softer drug legislation.



Humanitarianism: It's up to businesses

OK, Branson surfs for fun, but he's also developed a knack for performing publicity stunts for good causes. A good cause, he argues, is often good business.

The boundaries between work and purpose are merging into one, he writes in his new book, *Screw Business As Usual*.

Branson names his concept

Capitalism 24902. (The name refers to the circumference of the globe.)

"Every single business person has responsibility for taking care of the people and the planet that make up our global village," he writes.

Curing disease may be the most daunting task facing the

business person who wants to save the planet.

In Britain, Branson thought up the Virgin Health Bank, where parents can store their children's stem cells.

"These cells could be used to treat a wide range of other conditions, from heart disease to diabetes, in the future," he says.

Music: The king maker

In the '60s and '70s, he started selling records while running a magazine. Virgin's first release was Tubular Bells by Mike Oldfield (1973), a chart-topper that led to deals with the Sex Pistols, Culture Club and many more. He sold Virgin Records to EMI in 1992 for \$1 billion US.

Quoted

"The music industry can make people rich beyond their dreams..."

Sir Richard Branson
Losing My Virginity: The Autobiography

Environment: Deal with problems in an entrepreneurial spirit

Celebrities like to travel to Necker Island, Branson's island in the Virgin Islands.

But Branson has smaller friends on his island too — ring-tailed lemurs, an endangered species from Madagascar that Branson has imported to his island in an attempt to save the animals.

Branson has larger environmental ambitions, too, and not just out of a desire to save the Earth.

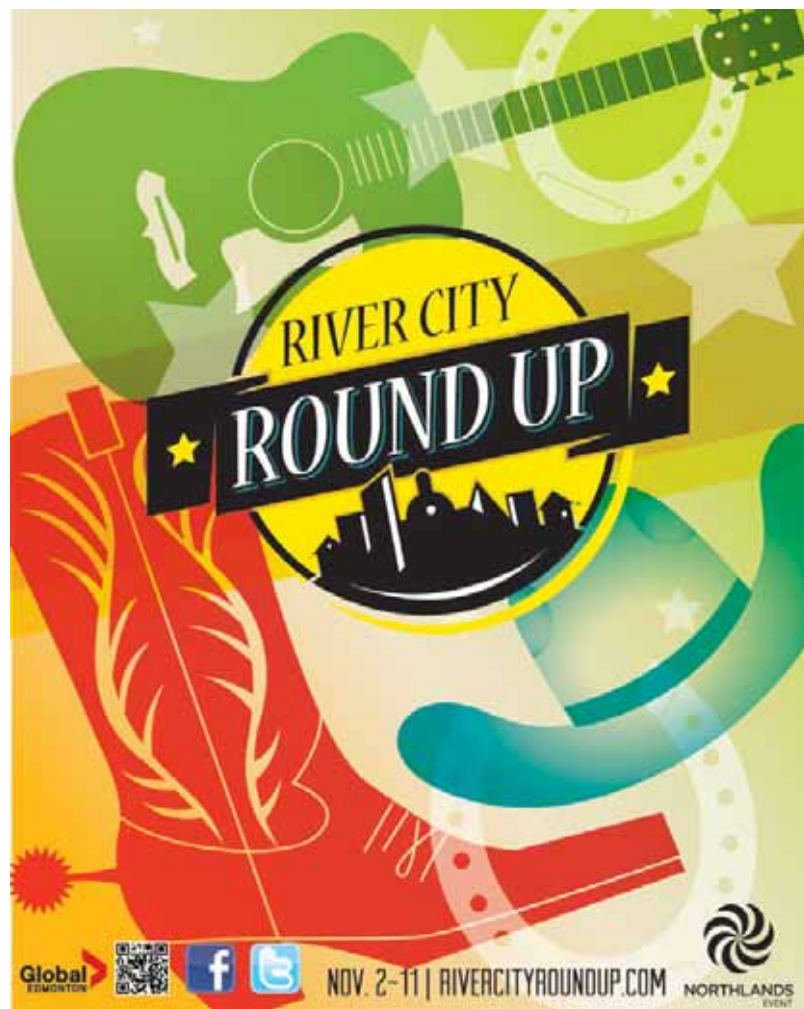
"We have to deal with environmental problems in an entrepreneurial spirit," he told Metro earlier this year.

"For example, Virgin's

new aviation fuel uses waste from steel mills. Millions of jobs could be created worldwide by greening our cities. The environment would benefit, the cities would benefit, regular people would benefit, and it would stop money pouring out to the Middle East."

Branson has pledged to donate all his aviation businesses' profits to the development of alternative fuels.

His new Carbon War Room, in turn, encourages entrepreneurs and venture capitalists to come up with solutions to global warming.



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Bringing soul music to modern ears

R&B singer. New album breaking traditions of the genre with a broad range of influences and musical sensibilities

G. VALENTINO
BALL
Metro World News

R&B singer Miguel doesn't see himself as your everyday soul man. And with his iPod going from David Bowie to Prince to Queen to Kanye West to Diane Warren, he might be right. His latest album, *Kaleidoscope Dream*, hits stores this week and on this sophomore release, he definitely paints outside the lines, something which he says is within the traditions of R&B.

"I've never been a traditional artist because my influences span a broad range of music and sensibilities," he says. "The moment I started to incorporate my honest perspective into my music, all of these influences made their way into the sound and delivery of the art. R&B really in-



Miguel continues to break new ground with his unique sound. GETTY IMAGES

fluenced and inspired genres that are thriving today, including rock and hip-hop. It will always be soul at the core of it because that's who I am."

Miguel's unconventional blend of soul, hip-hop, rock

and electronica has been successful. His single *Adorn* is the latest in a string of hits the Los Angeles native has served up since his debut *All I Want Is You*. A Grammy nod and three No. 1 hits on the R&B charts

have him feeling good these days.

"It's a blessing to make music that I'm in love with, but it's an even bigger blessing to have people fall in love with it too," he says.

His new album feels like a jam session between Coldplay and Prince; a formula that conventional wisdom says the R&B crowd would reject. But conventional wisdom would be wrong. And the positive re-

More on the artist

As an R&B singer, Miguel makes the music that is the backdrop for painting many a romantic canvas. However, when it's his time to play Picasso, his own songs aren't at the top of the playlist.

- Quote. "I'm not that narcissistic. There's some great music out there outside of the music that I make. I'm not that cool to listen to my music. It would just feel corny to me. Though it's definitely been requested," Miguel told Metro.

ception is welcomed as Miguel strives to give fans more.

"I'm excited that people are open to the risks," he says.

"I want people to leave with something they will remember forever. I want them to say, 'I remember when I was 19 and I took this girl to this Miguel concert.' I do my best to give myself to the moment so everyone can lower their guard and let the music in."

Morrissey. There will be no Smiths reunion at Glastonbury, or anywhere, ever

Following a flow of web rumours that began on Monday with the website Holy Moly, Morrissey confirmed with Metro what many Smiths fans already guessed: There will be no Smiths reunion at the Glastonbury festival in 2013. Or ever.

Throughout the course of an email interview, Morrissey discussed his upcoming autobiography.

We asked if in the book he addresses the beginning of his career in a way that fans might finally stop asking him when The Smiths will get back together. To this, he responded simply.

"If people continue to ask that question now — which they do, then they shall never stop, and they shall never stop because they don't understand the

history of the band. Asking about a Smiths reformation is no different to driving into fog."

After the rumour surfaced, we had to apologetically ask him if he was being vague about the whole "fog" thing. With this, he cleared up all speculation.

"The Smiths are never getting back together — ever!"

PAT HEALY/METRO WORLD NEWS



Morrissey is hoping to put rumours to rest. IAN GAVAN/GETTY IMAGES



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Kate Middleton. ALL PHOTOS GETTY IMAGES

Royal family fears more Middleton pictures to come

The British royal family's latest headache is apparently far from over, despite their victory in court against a French magazine that published topless photos of Kate Middleton.

There are apparently more photos — and possibly even a video — from their French vacation, and the latest also reportedly feature Prince William himself.

"Newspaper pictures editor tell me there are as many as 270 pictures being hawked around, which feature both

Quote

"There are as many as 270 pictures being hawked around."

Willard Foxton

On photos of the Royals floating around

the Duchess and Prince William naked," says the Telegraph's Willard Foxton. "Only 24 have appeared thus far. The Palace's nightmare is that the pictures are stills from a video."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Arnold's new memoir full of some choice quotes



THE WORD

Dorothy Robinson
scene@metronews.ca



Arnold Schwarzenegger

Arnold Schwarzenegger's new memoir, *Total Recall: My Unbelievably True Life Story*, is 640 pages of straight-up boasting by the former bodybuilder-turned-movie-star-turned-governor.

Oh, his ego. It truly is unbelievable. Metro compiled the best, non-humblebrags from the book.

When he first started dating Maria:

"The outside world looked at our relationship in a simpleminded way, as a juicy success story. 'Isn't it amazing that he wins Mr. Olympia and all these bodybuilding championships and then he gets this big movie contract and then gets a Kennedy as his girlfriend?'"

When he first met his future mother-in-law, Eunice Kennedy:

"The first words I blurted out were, 'Your daughter has a great ass.' I always loved to say outrageous things to people."

On their rehearsal dinner:

"The toasts on Maria's side were about her

and how great she is and how I'd benefit from being her husband. From my side it was the opposite. What a great guy and perfect human being I am, and how she'd benefit from that."

On justifying cheating on Maria before they were hitched:

"The fling with Brigitte Nielsen underlined what I already knew, I wanted Maria to be my wife."

His take on acting:

"Compared to being an action hero, it was a lot easier to be a comic star."

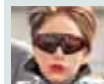
Amazing Arnold quotes taken out of context:

"Doing battle with a giant mechanical snake left me sore for a week."

"Jewish people have played such key roles in my life."

"There was something comical about seeing two black people accusing each other of being black. We laughed about it later."

Twitter



@ladygaga

I feel like I'm staring at my album on the floor in hundreds of trimmings, to be sewn into a couture gown. In beautiful pieces, she is.



@JohnCleese

Just sitting down to start my autobiography. Problem is... remembering any of it ...



@PaulaAbdul

Awwwww! I missed you too! xoxoP



@ConanOBrien

Starting a 3-day juice cleanse by dunking my cheeseburger in juice.



Rihanna

Rihanna continues reconciliation with Chris Brown

It looks like Rihanna just can't keep away from Chris Brown — even if he is supposedly dating model Karrueche Tran.

The infamous exes were spotted at NYC nightclub The Griffin this week "hugging and kissing," a source tells

Celebuzz.

"And they went to the back of the club alone together."

And Brown was spotted early the next morning sneaking out of the hotel where Rihanna is staying. The public displays of affection did not go over so well with Tran, apparently. "She felt the kiss was a public slap in the face," a source tells *Us Weekly*.

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'Tis the season for seduction, fun and body armour

Getting out the glitz, glam and faux-fur at Paris Fashion Week

PHOTOS AND TEXT BY ASSOCIATED PRESS



Miu Miu Meow!

Miu Miu's spring-summer 2013 show in Paris had a wintery vibe. Despite the slightly off-kilter season, it was a slick display, with lashings of faux-fur on coats and stoles with dyed patterning at the brand often seen as Miuccia Prada's baby sister offshoot. It picked up nicely on this season's fascination with prints as contrasting explosions on loose skirt suits — sometimes resembling the negative of a photograph. As ever, it remained demure, but back features graced a few reversed tops.



Vuitton goes retro-chic

What do you get if you mix up the world's most famous checks and Paris' most famous stripes?

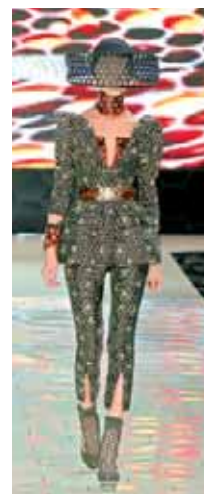
The answer: Louis Vuitton, whose 1960s style spring-summer fashion show, in typically spectacular style, twinned the iconic checked Damier pattern with a set designed by artist Daniel Buren. Understatement is not a word in designer Marc Jacobs' vocabulary. So a collaboration with minimalist artist Buren — who made the famed striped columns in Paris' Palais Royal — might have raised eyebrows.

In fashion terms it was strong, with most of the 64 retro looks delivered in Mary-Quant-style.



Chanel perks up!

Fun was the healthy mantra that infiltrated Tuesday's Chanel show — a bright and diverse collection brimming with great new ideas. Silver bauble appliques became buttons, A-line skirts were playfully short, colourful checks contrasted funkily with geometric flashes and feather fringing billowed exuberantly. One model in a crossing "C" swimsuit even carried a three-foot handbag. A bold new fashion idea was the reworked bolero jacket with curved shoulders, often spruced up with inflated arms.



Sarah Burton spars McQueen style

Fashion is body amour. At least it is for Sarah Burton, who tapped her fantastical imagination for Alexander McQueen to conjure up fashion week's most original show: mixing insect-like armoury with on-trend stiff bar jackets of the New Look, as well as 19th century crinoline.

If it sounds strange, it was — set to a backdrop of images of bees and honeycomb — with each model wearing a visor reminiscent at once of the 1950s wide hat, a cage and a beekeepers mask.



Valentino between the lines

"Suggestion is seduction," was the theme of Valentino's accomplished spring-summer 2013 show in Paris, which saw the storied Italian fashion house move subtly more sensual. Italian design duo Maria Grazia Chiuri and Pier Paolo Piccioli kept their strict, high collars and didn't bare too much flesh but eased their conservative designs, in razor-thin slits and cutouts.

On the web

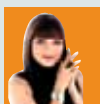


Qriket

Christina Applegate's breast cancer charity teams with ASICS for pink athletic gear

Twitter

Jeanne Beker soaks up Paris Fashion Week



JEANNE SPACE
Jeanne Beker
life@metronews.ca

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND, AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.



@Jeanne_Beker: Les bijoux de Lydia Courteille...a Rue St. Honore. Paris inspires desire!



@Jeanne_Beker: Tour de force collection @louisvuitton And not one monogram. Just checks, grids, + flower shapes.



@Jeanne_Beker: The lovely Leigh Lezark @themisshapes in Chanel's modern baroque cruise look a la Marie Antoinette.

No neckties allowed

Sir Richard Branson is famous for taking scissors to neckties.
So in honour of his laid-back boardroom look, we've recreated his style at three different price points.
P.S. Flowing, golden locks not included.



RICHARD PECKETT
richard.peckett@metro.lu

<p>BILLIONAIRE'S BUDGET</p>	<p>Paul Smith Unstructured blazer \$1,390 US, mrporter.com</p>  <p>ZZegna White shirt \$255 US, harrods.com</p>  	<p>Nudie Average Joe dry organic straight jeans \$200 US, shop.nudiejeans.com</p>  <p>Browns Leather belt, \$142, brownsfashion.com</p>  <p>Church's Paris derby shoes, \$465, church-footwear.com</p> 
<p>FEELING FLUSH</p>	<p>Banana Republic Tailored black cord blazer \$198 US, bananarepublic.com</p>  <p>APC Poplin white shirt \$225 US, apc.fr</p>  	<p>Edwin ED-55 Red Selvage unwashed \$195 US, edwin-europe.com</p>  <p>Grenson G-One Cannon derby shoes \$458 US, matchesfashion.com</p>  <p>Reiss Vincent Luxe formal suit belt \$85 US, reiss.com</p> 
<p>THE FRUGAL FASHIONISTA</p>	<p>Uniqlo Velvet blazer \$170 US, uniqlo.com</p>  <p>Zara Men's white poplin shirt \$50 US, zara.com</p>  	<p>H&M Straight regular jeans \$20 US, hm.com</p>  <p>Topman Slim leather belt \$24 US, topman.com</p>  <p>ASOS Derby shoes \$60 US, asos.com</p> 

Who better to celebrate soup season with than The Soup Sisters?

Caren McSherry is one of the Soup Sisters in the Soup Sisters Cookbook. As owner of the Gourmet Warehouse, a store that offers high quality gourmet foods and supplies in Vancouver, and a cookbook author, she knows all about making delicacies.

In the book, McSherry shares her recipe for her Tuscan Bean soup.

Ingredients

- 2 cups (500 ml) cooked white navy beans (drained and rinsed if canned)
- 1 onion, diced
- 1 carrot, peeled and diced
- 2 stalks celery, diced
- 1 leek, white and pale green parts only, washed and sliced
- 1/3 cup (80 ml) olive oil
- 6 large Roma tomatoes, diced
- 3 cloves garlic, minced or finely

- chopped
- 2 sprigs fresh thyme, leaves only
- 8 cups (2 l) chicken or vegetable stock
- Salt and pepper to taste
- Sun-dried tomato crostini (see below)
- Freshly grated Parmesan cheese for garnish

1. Purée half the beans until smooth, adding a little water if necessary. Place the puréed beans in a bowl with the remaining whole beans and set aside.

2. In a large pot over medium heat, sauté the onion, carrot, celery and leek in the oil, until the onion is softened.

3. Stir in all the beans and the tomatoes, garlic and thyme.

4. Add the stock. Bring to a boil over high heat, then reduce the heat to medium-low.

5. Simmer, uncovered, until the vegetables are tender,

about 30 minutes. While the pot simmers, prepare the crostini (see below).

6. Season the soup with salt and pepper to taste.

7. Ladle up in a wide shallow bowl, and garnish with grated Parmesan and playful floating crostini.

Sun-Dried Tomato Crostini

1. Thinly slice half a baguette and bake the slices in a single layer on a baking sheet in a 350 F (180 C) oven until dry and crispy, about 30 minutes.

2. In a small bowl combine 1/2 cup (125 ml) finely diced sun-dried tomatoes and half a bunch of parsley, finely minced. Spoon the mixture sparingly onto the baguette slices.

ALL RECIPES ON THIS PAGE ARE EXCERPTED FROM THE SOUP SISTERS COOKBOOK, EDITED BY SHARON HAPTON WITH PIERRE A. LAMIELLE. COPYRIGHT © SHARON HAPTON, 2012. EXCERPTED BY PERMISSION OF APPETITE BY RANDOM HOUSE, A DIVISION OF RANDOM HOUSE OF CANADA. ALL RIGHTS RESERVED. NO PART OF THIS EXCERPT MAY BE REPRODUCED OR REPRINTED WITHOUT PERMISSION IN WRITING FROM THE PUBLISHER.

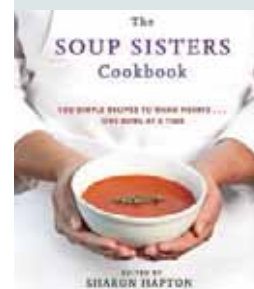
Tuscan Bean Soup



This recipe serves six. JULIE VAN ROSENDAAL

Cookbook of the Week

Heart-warming soup



The Soup Sisters Cookbook is more than a cook featuring delicious recipes from chefs such as Anna Olson and Michael Bonacini.

It is also a part of non-profit organization Soup Sisters. The brainchild of Calgary's Sharon Hapton, Soup Sisters provides comfort to women, youth and children through the making, sharing and donating of soup.

The cookbook is a celebration of the best recipes from the project, which sees participants pay a \$50 registration fee to participate in a soup-making event at a local professional kitchen under the guidance of a chef facilitator. The soup is then delivered to a local shelter. METRO

Michael Bonacini's Mixed Mushroom. Earthy and delicious blend



Michael Bonacini is the chef and partner of Oliver and Bonacini restaurants in Toronto.

In the Soup Sisters Cookbook, he shares his recipe for Mixed Mushroom soup.

1. In a pot over medium heat, sauté the onion and garlic in the oil, until the onion is softened.

2. Add the mushrooms and thyme. Sauté until the mushrooms are browned.

3. Add 4 cups (1 L) water. Bring to a boil over high heat, then reduce the heat to medium-low.

4. Simmer the mixture, uncovered, until the mushrooms are tender, about 15

minutes.

5. Purée the soup until it is smooth. Add the whipping cream.

6. Reheat the soup over medium heat; add salt, pepper.

7. Ladle up a piping potage of mushroomy goodness.

Ingredients

4 portions

- 1/4 cup (60 ml) diced onion
- 2 cloves garlic, minced
- 2 tbsp (30 ml) vegetable oil
- 2 1/2 cups (625 ml) sliced assorted fresh mushrooms
- 1 tbsp (15 ml) finely chopped fresh thyme
- 1/2 cup (125 ml) whipping cream (35 per cent MF)
- Salt and pepper to taste

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A NEW AGE OF WHISKY

JOHN K. HALL BRINGING BACK CREATIVITY, PASSION

Canadian whisky is big news. Connoisseurs right around the world are singing its praises again, and Canada's whisky makers are doing something really smart to keep it that way. They are creating a whole new range of ultra-flavourful drams.

Leading the way is wine maker turned whisky maker, John K. Hall with his Forty Creek whiskies – whiskies that have won the world's most coveted awards. When Hall was asked what makes Forty Creek whiskies stand out from the crowd, he said: "Canadian whisky is a Canadian icon, just like maple syrup and hockey. I really want to bring back creativity and passion to our country's spirit. Whisky can be just as complex, perhaps more complex than wine. Bringing out the subtle aromas and taste characteristics is what makes whisky great."

As a first generation whisky maker,



John K. Hall

CONTRIBUTED

Hall says that while he respects tradition, he is not bound by it. For example, unlike some distillers, he distills and ages each grain separately. "This approach allows me to highlight the flavour of each grain — nuttiness from the barley, fruitiness and spiciness from the rye and weight and body from the corn."

Hall's creativity doesn't stop there. He loves to experiment with different barrels for aging — sherry casks for Barrel Select, once-used bourbon barrels for Double Barrel Reserve, and even Canadian oak barrels for his Confederation

Oak. "I have worked with many types of oak barrels and every wood creates a distinctive taste expression."

Innovative and distinct whiskies such as these, along with Hall's new Copper Pot Reserve, fill a growing demand for decidedly flavourful whiskies. So put yesteryear behind you and join a new generation of whisky connoisseurs from around the world.

Why? Because they are discovering the treasure trove of rich new whiskies distilled for us right here in Canada.

— Davin de Kergommeaux

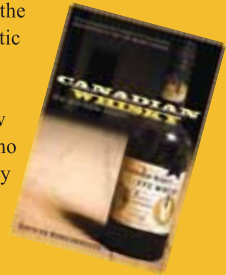


Davin de Kergommeaux

CONTRIBUTED

CONNOISSEUR'S APPRECIATION

Canadian Whisky: The Portable Expert takes readers on a journey through the first systematic presentation of Canadian whisky: How it's made, who makes it, why it tastes the way it does, its history, and the rich, centuries-old folklore surrounding it. For the first time, whisky consumers can approach Canadian whisky with a connoisseur's appreciation.



WINNING THE WORLD OVER



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Gold Medal

Beverage Testing Institute, Chicago, 2010, 2011, 2012

Gold Medal

International Whisky Competition, 2010

Distiller of the Year

Whisky Magazine, Icons of Whisky Canada, 2008

Pioneer of the Year Award

Malt Advocate Magazine, 2007

Double Gold Medal

San Francisco World Spirits Competition

Gold Medal

World Selection, Brussels, Belgium

FortyCreekWhisky.com



Single? You just need your space

The Bachelor Canada kicked off last night as 25 bachelorettes vie for the affection of former Canadian Football League player Brad Smith at a mansion in Victoria, B.C. But what about all you bachelors and bachelorettes out there? Well, celebrity interior designer Jillian Harris knows a little bit about what it's like to be The Bachelorette — she was Canada's first ever on the hit show. Harris shares some easy, quick DIY and design tips that can drastically change your space with the flip of a switch.

For him

PHOTOS AND TEXT FROM JILLIAN HARRIS

For her



Her inspiration

"I'm thinking: Dude just scored himself a sweet job — he wants to have a place of his own and do a little growing up without having too mature of a pad. So I layered lots of textures and patterns to keep it fun, integrated, outdoorsy, industrial and rustic elements all the while still screaming 'hey cutie look at me. I have good style.'"



Bachelor pad must-haves

- **Skulls and furs are a style must**
- **Stool.** Country Furniture
- **Kilim Pouf.** Country Furniture
- **Clock.** Restoration Hardware
- **Night stand.** Country Furniture

Her inspiration

"All things feminine. Really thinking about what would inspire this woman to wake up and feel inspired and ready to take on the day. Lots of light, mirrors, crisp airy colors. A little glitz and some whimsy. We used window coverings as wall covering in her master to give an opulent rich effect and bold stripes to give it that edge. We also used clothes and shoes as art which is not only a money saver but a conversation starter!"

Bachelorette pad must-haves

- **Sofa.** Country Furniture
- **Stool.** Crate & Barrel
- **Duvet.** Urban Outfitters
- **Chandelier.** West Elm
- **Driftwood Coffee Table.** Country Furniture

Outdoor chores are a great way to work off that Thanksgiving pie

DIY ideas. Check out these tips for projects you can do all around your house

The autumn long weekend is here, and it's a great time to get some things done around your house before the weather gets much colder.

Take inspiration from DIY Network's special The Ultimate Crash where hosts Josh Temple, Matt Muenster and Ahmed Hassan join together to give one house three massive makeovers — house, yard and bath.

House: Get the look of autumn

Window boxes are a popular way to bring colour in the summer months, but they can also be updated in the cooler months to reflect the décor of the season.

You can reflect your own style by creating window boxes that are traditional or modern.

Try to use vivid colours that reflect the season like oranges, rusts and red which can be found in gourds, pumpkins, and mums.

Leafy textures are also popular and can be incorporated through fountain grass, variegated ivy, orna-

mental cabbage or black mondo grass.

Take advantage of the many types of pumpkins available now, as well as seasonal branches like bittersweet that can add an extra pop of colour.

Yard: Winterize your lawn

Cooler months are a great time to promote root growth in your lawn, and you will see results in just four easy steps.

First use a spreader to fertilize the lawn, following directions carefully to ensure you use the correct amount.

Secondly you must aerate the lawn to provide air for the roots and make holes for planting seeds by taking out spikes of soil.

The third step is to seed the lawn. Be sure to purchase 'cool season' or 'cool weather' grass seed to use at this time of year.

Evenly distribute the seed over your lawn.

Lastly you need to rake and water. Raking will break up soil clumps and cover the seeds to protect them. Water the lawn with a gentle spray on your garden hose.

Continue to keep your lawn moist before the real cold weather begins.

Bath: Tips for a better bathroom

Use free time this weekend to maximize space, light and style in your bathroom for a spa-like experience all winter.

Consider installing indirect lighting behind your bathtub and setting tea

lights on the windowsills to set the mood for a relaxing soak that will warm you up this winter.

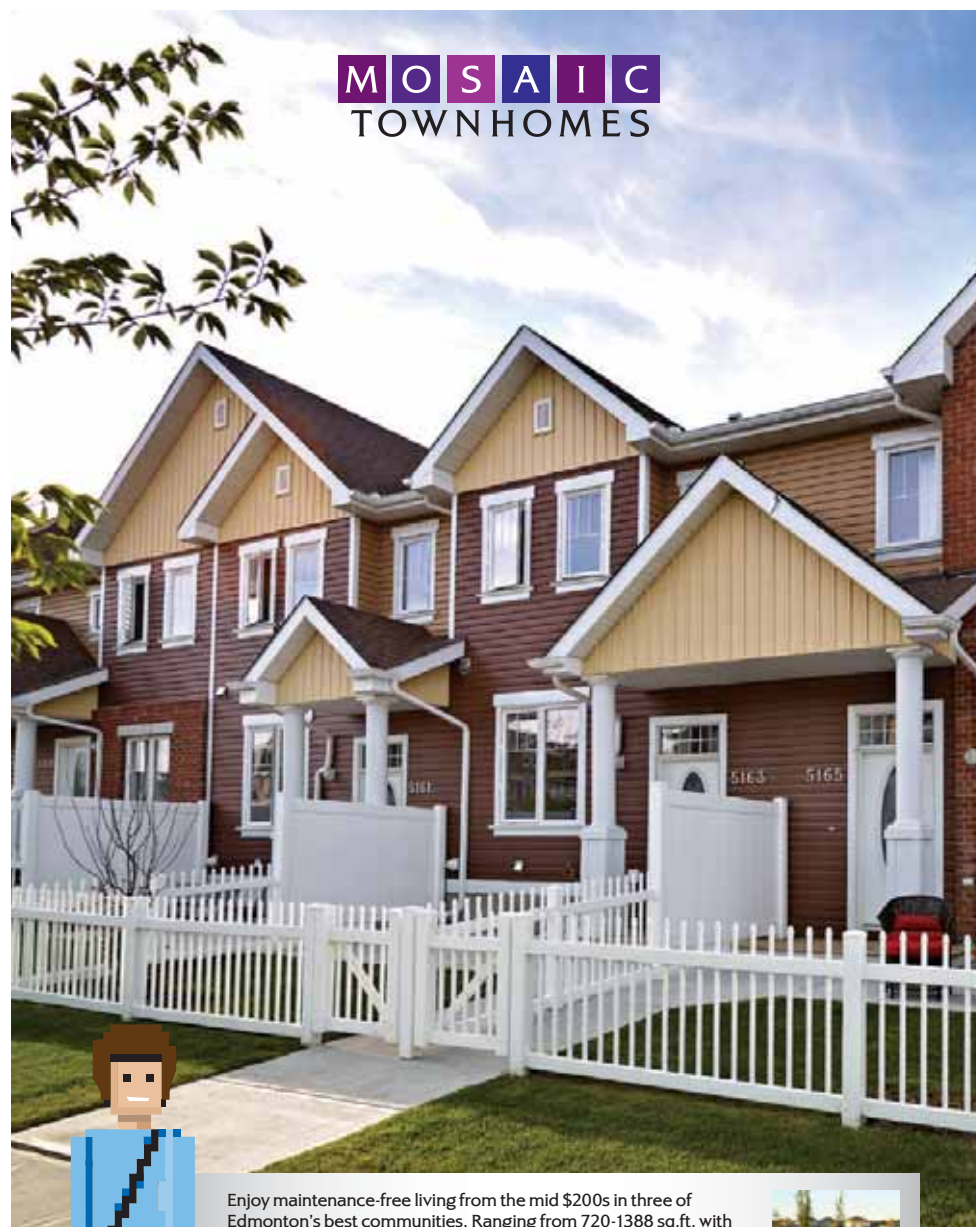
Depending on the layout of your bathroom, now might be the time to install an additional sink or even

an automatic hand-dryer. Both of these can ensure your bathroom is efficient, practical and clutter-free.

Take tips from the outdoors this fall and use reclaimed wood to frame recessed shelves or even as

a mirror frame to add new style to your bathroom.

THE ULTIMATE CRASH AIRS ON DIY NETWORK CANADA SUNDAY OCTOBER 7 AS PART OF A HOUSE CRASHERS MARATHON BEGINNING AT 10AM ET/7AM PT.



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Home pricing, selections & models vary by community.



Soon it will be too cold for all these fun chores. ISTOCK IMAGES

There are plenty of factors to think about — lifestyle, budget, mortgage, etc. — that go into deciding on a first home purchase. ISTOCKPHOTO/THINKSTOCK

**ASTRID
VAN DEN BROEK**
For Metro

ION TATTRIE

On her own

Statistics. Number of reasons why more single women are deciding to purchase real estate

**RICHARD
WOODBURY**
For Metro

While the statistics are hard to come by, anecdotal evidence suggests more and more single women are buying real estate. In fact, it was this trend that led Royal LePage to release a report on this topic in 2007.

At the centre of the creation of this report was Dianne Usher, a broker with Royal LePage Real Estate Services Ltd. in Toronto.

"I was observing through the realtor community that more and more single women were buying real estate," she said.

Usher said there are a number of reasons why more single women are purchasing real estate.

"Women are waiting longer to get married," she said. "They are having a professional life first and during that time period, we can rent or we can own real estate."

In other words, women aren't necessarily waiting for

Gender divide

- One of the commonly cited statistics regarding single homebuyers is actually an American one. The statistic comes from the National Association of Realtors (NAR), which reports that among first-time and repeat homebuyers, 21 per cent are single females, while just 12 per cent are single males.

**Source: The 2011 NAR
Profile of Home Buyers
and Sellers**

a partner to come along to purchase real estate, they are grabbing the bull by the horns and doing it on their own.

Continued low interest rates are also helping fuel the trend as it makes home ownership more affordable.

Economic factors are another reason since purchasing real estate seems to be a more stable investment these days than investing in the money

markets, particularly when considering the sluggish stock market.

Sandra Rinomato, the host of HGTV's Buy Herself, has noticed since she began practising real estate 16 years ago that more single women are purchasing real estate. In

fact, her show follows single women as they purchase real estate, whether it be a 20-something professional about to buy her first condo, a newly divorced woman or a widower.

Rinomato says one of the reasons for the trend is that it

is now easier for women to get financing. "Thirty years ago, financial institutions were not lending money to women who did not have male co-signers," she says.

Looking specifically at first-time homebuyers, more women appear to be lining up

than men to do so.

According to the 19th annual RBC Homeownership Poll, among Canadians who plan to buy a home within the next two years, women (49 per cent) are more likely than men (35 per cent) to be first-time homebuyers.



Statistics show that more single young women are buying real estate. BRAND X PICTURES/THINKSTOCK

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NHL keeping concerned sponsors in the loop

No end in sight.

League, union meet for fourth time in five days but again talk secondary issues and not core economics

With no end in sight to the NHL lockout, the league is doing all it can to ease the con-

cerns of its sponsors.

A small group of key clients gathered Wednesday afternoon in Toronto for an audience with chief operating officer John Collins, who provided an update on labour negotiations and took questions from participants.

A source indicated that representatives from Molson, Canadian Tire, Sport Chek, Kraft, Sirius XM and Scotiabank participated in the meeting.

"They were very transparent with us," said one of the attendees, who requested anonymity. "I was looking around the room and the long-term, cumulative contract dollars around the table were probably at the \$100-million mark. It's a significant chunk of change for the league."

League officials have held a series of conference calls with business partners in recent months in an effort to keep

everyone informed.

With the NHL on hold, sponsors have been forced to abandon plans to activate against the league and some have started channelling money into other projects. Typically, campaigns and product launches take months to pull together — posing a problem for league partners given the uncertainty brought on by the lockout.

THE CANADIAN PRESS

Sponsorships and growth

Sponsorships played a significant role in the immense growth the league enjoyed after the 2004-05 lockout.

- Twenty-two new partners signed on with the NHL over that period as it geared its calendar around signature events.



Cabrera becomes first Triple Crown winner since 1967

Miguel Cabrera of the Detroit Tigers tips his hat as he leaves the game in the fourth inning Wednesday in Kansas City, Mo. Cabrera became the 15th player to win baseball's Triple Crown, the reluctant superstar thrust into the spotlight after joining an elite list that includes Mickey Mantle, Ted Williams and Lou Gehrig. ED ZURGA/GETTY IMAGES

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Vizquel bids farewell to Jays fans

Toronto Blue Jays shortstop Omar Vizquel signs autographs for fans before playing against the Minnesota Twins Wednesday in Toronto. Vizquel plans to retire after the season and last night's game was the season finale for the Jays. Toronto won 2-1 to finish the season 73-89. NATHAN DENETTE/THE CANADIAN PRESS

CFL

Eskimos' Sherritt out vs. Ticats

Linebacker J.C. Sherritt will miss the Edmonton Eskimos' upcoming game against the Hamilton Tiger-Cats due to a knee injury, the CFL club announced Wednesday.

Sherritt suffered the injury in Edmonton's 39-15 loss to the Calgary Stampeders last weekend. Rookie Simoni Lawrence will get the start when the Eskimos host Hamilton on Friday night.

On Wednesday, Sherritt captured his third straight defensive player of the month award. He leads the CFL with 104 tackles and is on pace to break the CFL single-season record of 129 set by Calvin Tuggle of the Toronto Argonauts in 1994. THE CANADIAN PRESS

Hockey. OHL ditches rink-side goal judges

Video killed the radio star. And now the rink-side goal judge, as well.

At the Ontario Hockey League's annual general meeting in August, the board of governors approved a motion to eliminate the role of the rink-side red-light pusher.

A couple of weeks into the 2012-13 season, at London Knights games and elsewhere, fans are beginning to notice the absence of behind-the-net goal judges. The noble duty has been a part of hockey game aesthetics for more than a century.

While these office officials aren't losing a "real" job, with teams hiring goal judges on a volunteer or honorarium basis, it's certainly a change.

"You can't go anywhere in the building without somebody asking you, 'How come you're not down there goal judging?'"

A dying breed

- Goal judges were first introduced in 1877.
- They were initially called umpires.
- Only a handful of NHL goal judges remain rink-side.

said Dave Longfield, a judge at Knights games from 2000-11.

The league's decision to sink the role starts and ends with the advancement of video-replay technology. Just like the National Hockey League did in 2006, the OHL has come to the conclusion that the human element associated with goal judging is irrelevant.

JOHN MATISZ/METRO IN LONDON, ONT.

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2005 FORD F250 XLT DIESEL

#T0401E **\$12,995** OR **\$149/BWEEKLY**

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2002 FORD EXPLORER

#T0375B **\$2,888** OR **\$99/BWEEKLY**

2004 KIA SORENTO

#T0375B **\$7,888** OR **\$142/BWEEKLY**

2004 FORD PANTHER

#T0375B **\$5,888** OR **\$130/BWEEKLY**

2008 FORD ESCAPE

#T0375B **\$5,888** OR **\$130/BWEEKLY**

2007 FORD EXPLORER

#T0375B **\$9,888** OR **\$160/BWEEKLY**

2007 FORD FUSION

#T0375B **\$3,888** OR **\$115/BWEEKLY**

2005 PONTIAC SUNFIRE

#T0375B **\$2,888** OR **\$99/BWEEKLY**

2004 DAKOTA SPORT

#T0375B **\$6,888** OR **\$135/BWEEKLY**

2004 GMC SIERRA 2500

#T0375B **\$6,888** OR **\$135/BWEEKLY**

2004 DODGE RAM 1500

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MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB	WC
x-New York	95	67	.586	—	—
y-Baltimore	93	69	.574	2	—
Tampa Bay	90	72	.556	5	3
Toronto	73	89	.451	22	20
Boston	69	93	.426	26	24

CENTRAL DIVISION

	W	L	Pct	GB	WC
x-Detroit	88	74	.543	—	—
Chicago	85	77	.525	3	8
Kansas City	72	90	.444	16	21
Cleveland	68	94	.420	20	25
Minnesota	66	96	.407	22	27

WEST DIVISION

	W	L	Pct	GB	WC
x-Oakland	94	68	.580	—	—
y-Texas	93	69	.574	1	—
Los Angeles	89	73	.549	5	4
Seattle	75	87	.463	19	18

x — clinched division; y — clinched wild-card berth.

Wednesday's results

Toronto 2 Minnesota 1
Chicago White Sox 9 Cleveland 0
Detroit 1 Kansas City 0
N.Y. Yankees 14 Boston 2
Oakland 12 Texas 5
Seattle 12 L.A. Angels 0
Tampa Bay 4 Baltimore 1

END OF REGULAR SEASON

Tuesday's results

Toronto 4 Minnesota 3
Baltimore 1 Tampa Bay 0
Cleveland 4 Chicago White Sox 3 (12 innings)
Kansas City 4 Detroit 2
N.Y. Yankees 4 Boston 3 (12 innings)
Oakland 3 Texas 1
Seattle 6 L.A. Angels 1

AL LEADERS

	G	AB	R	H	Avg.
McCabe, Det	160	620	109	205	.331
Trout, LAA	138	556	129	180	.324
Mauer, Minn	146	543	81	174	.320
Beltre, Tex	155	600	95	191	.318
Jeter, NYY	158	679	99	215	.317
TorHunter, LAA	139	532	81	167	.314
Butler, KC	160	611	72	191	.313
Fielding, Det	161	580	83	181	.312
Cano, NYY	160	623	102	192	.308
Rios, ChiW	157	605	93	184	.304

RUNS — Trout, L.A. Angels, 129; McCabe, Detroit, 109; Kinsler, Texas, 104; AJackson, Detroit, 103; AdJones, Baltimore, 103; Cano, N.Y. Yankees, 102; Hamilton, Texas, 102.

RBIs — McCabe, Detroit, 139; Hamilton, Texas, 128; Encarnacion, Toronto, 110; Willingham, Minnesota, 110; Fielder, Detroit, 108; Butler, Kansas City, 107; Pujols, L.A. Angels, 105.

HITS — Jeter, N.Y. Yankees, 215; McCabe, Detroit, 205; Cano, N.Y. Yankees, 192; Beltre, Texas, 191; Butler, Kansas City, 191; Agordon, Kansas City, 188; AdJones, Baltimore, 185.

HOME RUNS — McCabe, Detroit, 44; Hamilton, Texas, 43; Encarnacion, Toronto, 42; Adunn, Chi Sox, 41; Granderson, N.Y. Yankees, 41; Beltre, Texas, 36; Willingham, Minnesota, 35.

STOLEN BASES — Trout, L.A. Angels, 49; RDavis, Toronto, 45; Revere, Minnesota, 40; Crisp, Oakland, 39; AEscobar, Kansas City, 34; DeJennings, Tampa Bay, 31; Kipnis, Cleveland, 31; Blyden, Tampa Bay, 31.

PITCHING — Weaver, L.A. Angels, 20-4; Price, Tampa Bay, 20-5; MHarrison, Texas, 18-11; Sale, Chi Sox, 17-8; Verlander, Detroit, 17-8; Scherzer, Detroit, 16-7; Darvish, Texas, 16-9; PHughes, N.Y. Yankees, 16-13.

Not including Wednesday's games

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB	WC
x-Washington	98	64	.605	—	—
y-Atlanta	94	68	.580	4	—
Philadelphia	81	81	.500	17	7
New York	74	88	.457	24	14
Miami	69	93	.426	29	19

CENTRAL DIVISION

	W	L	Pct	GB	WC
x-Cincinnati	97	65	.599	—	—
y-St. Louis	88	74	.543	9	—
Milwaukee	83	79	.512	14	5
Pittsburgh	79	83	.488	18	9
Chicago	61	101	.377	36	27
Houston	55	107	.340	42	33

WEST DIVISION

	W	L	Pct	GB	WC
x-San Francisco	94	68	.580	—	—
Los Angeles	86	76	.531	8	2
Arizona	81	81	.500	13	7
San Diego	76	86	.469	18	12
Colorado	64	98	.395	30	24

Wednesday's results

Atlanta 4 Pittsburgh 0
Chicago Cubs 5 Houston 4
Colorado 2 Arizona 1
L.A. Dodgers 5 San Francisco 1
N.Y. Mets 4 Miami 2
San Diego 7 Milwaukee 6
St. Louis 1 Cincinnati 0
Washington 5 Philadelphia 1

END OF REGULAR SEASON

Tuesday's results

Arizona 5 Colorado 3
Cincinnati 3 St. Louis 1
Houston 3 Chicago Cubs 0
Miami 4 N.Y. Mets 3 (11 innings)
Milwaukee 4 San Diego 3
Pittsburgh 5 Atlanta 1
San Francisco 4 L.A. Dodgers 3
Washington 4 Philadelphia 2

NL LEADERS

	G	AB	R	H	Avg.
McCabe, SF	113	459	84	159	.346
Posey, SF	147	528	78	178	.337
AMcCutchen, Pgh	156	590	107	193	.327
Braun, Minn	153	594	107	190	.320
Y Molina, STL	138	505	65	159	.315
DWright, NYM	155	579	91	178	.307
Craig, STL	119	469	76	144	.307
Scutaro, SF	155	617	86	189	.306
Pacheco, Col	131	471	50	144	.306
Jay, STL	117	443	70	135	.305

RUNS — Braun, Milwaukee, 107; AMcCutchen, Pittsburgh, 107; J Upton, Arizona, 107; Rollins, Philadelphia, 102; Harper, Washington, 97; Bourn, Atlanta, 95; Holliday, St. Louis, 95; Pagan, San Francisco, 95.

RBIs — Headley, San Diego, 113; Braun, Milwaukee, 112; ASoriano, Chi Cubs, 108; Pence, San Francisco, 104; ARamirez, Milwaukee, 104; Holliday, St. Louis, 102; Posey, San Francisco, 102.

HITS — AMcCutchen, Pittsburgh, 193; Braun, Milwaukee, 190; Scutaro, San Francisco, 189; Prado, Atlanta, 186; AHill, Arizona, 184; SCastro, Chi Cubs, 183; Reyes, Miami, 183.

HOME RUNS — Braun, Milwaukee, 41; Stanton, Miami, 37; Bruce, Cincinnati, 34; LaRoche, Washington, 33; Beltran, St. Louis, 32; ASoriano, Chi Cubs, 32; IDavis, N.Y. Mets, 31; Headley, San Diego, 31; AMcCutchen, Pittsburgh, 31.

STOLEN BASES — EvCabrera, San Diego, 43; Bourn, Atlanta, 40; Reyes, Miami, 39; Victorino, L.A. Dodgers, 39; Pierre, Philadelphia, 37; CGomez, Milwaukee, 36; Altuve, Houston, 33.

PITCHING — GGonzalez, Washington, 21-8; Dickey, N.Y. Mets, 20-6; Cueto, Cincinnati, 19-9; Lynn, St. Louis, 18-7; Hamels, Philadelphia, 17-6; Seven tied at 16.

Not including Wednesday's games

BLUE JAYS 2, TWINS 1

Minnesota	ab	r	h	bi	Toronto	ab	r	h	bi
Span cf	4	0	0	0	RDavis lf	4	1	1	1
Revere rf	4	1	3	0	HHwrt 2b-ss	4	0	1	1
Mauer dh	2	0	0	0	Lawrie 3b	3	0	0	0
Parnell 1b	4	0	0	0	Lind dh	2	0	1	0
Plouffe 3b	2	0	0	0	YGomes 1b	3	0	0	0
ACasill pr-2b	1	0	1	0	Arrencia c	3	0	0	0
McCarls lf	4	0	1	1	Vizquel ss	3	0	1	0
EEscor 2b-3b	4	0	0	0	McCoy ss-2b	0	0	0	0
Butera c	3	0	0	0	Sierra rf	3	0	1	0
Florn ss	3	0	0	0	Gose cf	3	1	1	0
Totals	31	1	4	1	Totals	28	2	6	2

Minnesota 000 100 000 — 1
Toronto 002 000 00x — 2

DP—Minnesota 2, LOB—Minnesota 6, Toronto 3.

3B—Gose (3), SB—A.Casilla (21), R.Davis (46).

Minnesota	IP	H	R	ER	BB	SO
Diamond L, 12-9	5	5	2	2	1	3
ALBurnett	2	1	0	0	0	3
Perdomo	1	0	0	0	0	0

Toronto
Morrow W, 10-7
Lyon S, 1-1
8 3 1 1 3 11
1 1 0 0 0 0

WP—Diamond.
T—221. A—19,769 (49,260) at Toronto.

MLB PLAYOFFS

All Times Eastern

WILD CARD

Friday's games

(Single-game elimination)

NATIONAL LEAGUE

St. Louis (Lohse 16-3) at Atlanta (Medlen 10-1), 5:07 p.m.

AMERICAN LEAGUE

Baltimore at Texas (Darvish 16-9), 8:37 p.m.

DIVISION SERIES

(Best-of-5)

AMERICAN LEAGUE

N.Y. YANKEES VS. WILD CARD WINNER

Sunday's game

N.Y. Yankees at Baltimore-Texas winner, TBA

Monday, Oct. 8

N.Y. Yankees at Baltimore-Texas winner

Wednesday, Oct. 10

Baltimore-Texas winner at N.Y. Yankees

OAKLAND VS. DETROIT

Saturday's game

Oakland at Detroit (Verlander 17-8), 6:07 p.m.

Sunday's game

Oakland at Detroit

Tuesday, Oct. 9

Detroit at Oakland

NATIONAL LEAGUE

WASHINGTON VS. WILD CARD WINNER

Sunday's game

Washington (Gonzalez 21-8) at St. Louis-Atlanta winner

Monday, Oct. 8

Washington (Zimmermann 12-8) at St. Louis-Atlanta winner

Wednesday, Oct. 10

St. Louis-Atlanta winner at Washington

CINCINNATI VS. SAN FRANCISCO

Saturday's game

Cincinnati (Cueto 19-9) at San Francisco (Cain 16-5), 9:37 p.m.

Sunday's game

Cincinnati (Arroyo 12-10) at San Francisco (Bumgarner 16-11)

Tuesday, Oct. 9

San Francisco at Cincinnati

CFL

WEEK 15

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	13	8	5	0	360	378	16
Toronto	13	7	6	0	317	321	14
Hamilton	13	5	8	0	401	409	10
Winnipeg	13	3	10	0	247	406	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
B.C.	13	9	4	0	338	249	18
Calgary	13	8	5	0	376	302	16
Saskatchewan	13	7	6	0	341	280	14
Edmonton	13	5	8	0	279	314	10

Friday's game — All Times Eastern

Hamilton at Edmonton, 9 p.m.

Saturday's game

Calgary at B.C., 10 p.m.

Monday, Oct. 8

Winnipeg at Montreal, 1 p.m.

Saskatchewan at Toronto, 4:30 p.m.

CRICKET

WORLD TWENTY20

SUPER EIGHTS

At Colombo, Sri Lanka

GROUP ONE

Monday's results

West Indies 139 def. New Zealand 139-7, in one-over eliminator

Sri Lanka 169-6 def. England 150-9 by 19 runs

GROUP TWO

Tuesday's results

Pakistan 149-6 def. Australia 117-7 by 32 runs

India 152-6 def. South Africa 151 by one run

SEMIFINALS

Thursday's match — All Times Eastern

Sri Lanka vs. Pakistan, 3:30 a.m.

Friday's match

Australia vs. West Indies, 3:30 a.m.

FINAL — Sunday: Semifinal winners, TBD

TENNIS

ATP-WTA CHINA OPEN

At Beijing

Wednesday's results

MEN

Singles — Second Round

Novak Djokovic (1), Serbia, def. Carlos Berlocq, Argentina, 6-1, 6-3.

Jurgen Melzer, Austria, def. Alexandr Dolgopopolov (6), Ukraine, 7-6 (9), 2-6, 6-1.

WOMEN

Singles — Second Round

Maria Sharapova (2), Russia, def. Sorana Cirstea, Romania, 6-2, 6-2.

Polona Hercog, Slovenia, def. Ekaterina Makarova, Russia, 7-6 (5), 3-6, 7-6 (3).

Third Round

Agnieszka Radwanska (3), Poland, def. Lourdes Dominguez Lino, Spain, 2-6, 6-1, 6-4.

Marion Bartoli (9), France, def. Julia Gorges, Germany, 6-3, 7-6 (2).

Romina Oprandi, Switzerland, def. Ana Ivanovic (11), Serbia, 6-4, 6-3.

ATP RAKUTEN JAPAN OPEN

At Tokyo

Wednesday's results

Singles — First Round

Janko Tipsarevic (3), Serbia, def. Gilles Simon, France, 4-6, 6-3, 6-1.

Juan Monaco (4), Argentina, def. Grigor Dimitrov, Bulgaria, 6-2, 6-1.

Second Round

Andy Murray (1), Britain, def. Lukas Lacko, Slovakia, 6-1, 6-2.

Stanislav Wawrinka (7), Switzerland, def. Jeremy Chardy, France, 7-6 (1), 6-7 (6), 7-5.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Jets	2	2	0	.500	81	109
New England	2	2	0	.500	134	92
Buffalo	2	2	0	.500	115	131
Miami	1	3	0	.250	86	90

SOUTH

Houston	4	0	0	1.000	126	56
Indianapolis	1	2	0	.333	61	83
Jacksonville	1	3	0	.250	62	97
Tennessee	1	3	0	.250	81	151

Horoscopes

Aries

March 21 - April 20

Try not to make up your mind too quickly about someone today. It does not matter if your initial impressions are good or bad. Either way, they are going to be an important and positive force in your life.

Taurus

April 21 - May 21

Keep emotions out of what you have to do today. If you allow your feelings to get in the way of common sense, you could make a serious mistake — the kind that costs you money you cannot afford to lose.

Gemini

May 22 - June 21

The message of the stars for you today is quite straightforward: Don't take your luck for granted. Both in your personal life and in your career you will need to work hard to get ahead — and harder still to stay there.

Cancer

June 22 - July 23

You are reading too much into a situation that most times you would simply ignore. You may find it hard to convince yourself that you are overreacting but you really do need to keep things in perspective.

Leo

July 24 - Aug. 23

Today's cosmic alignment warns if you let slip personal information of any kind, it could backfire on you later in the month. Keep what you know to yourself, especially when it is potentially embarrassing.

Virgo

Aug. 24 - Sept. 23

Don't worry if your confidence is at a low ebb because that will change very soon. What also needs to change is the way you approach your work. Are you taking too much for granted? Give it some thought.

Libra

Sept. 24 - Oct. 23

You may be tempted to make a decision concerning your future today but with Jupiter now entering one of its retrograde phases, it might be best to put it off to a later date.

Scorpio

Oct. 24 - Nov. 22

Money and investment issues may be causing you a bit of concern but there is probably not much you can do about them at the moment. Trust that everything will turn out right in the end. It usually does.

Sagittarius

Nov. 23 - Dec. 21

Partnerships and relationships have been under good stars of late and that trend is set to continue but that does not mean you no longer have to work at them. What can you do today to improve your affairs?

Capricorn

Dec. 22 - Jan. 20

Attitude is everything. If you think you can succeed, you most likely will. If you think you may fail, you will subconsciously make it happen. Keep believing and keep trying — and you'll keep winning.

Aquarius

Jan. 21 - Feb. 19

Your confidence may be high, and with good reason, but don't let it carry you away to some fabulous la-la land where everything happened as if by magic. Be positive but keep your feet on the ground, too.

Pisces

Feb. 20 - March 20

Try not to dwell on thoughts that upset you. Focus on areas you can feel happy about and pretend the bad stuff does not exist. You are very sensitive to your environment, which is why you may need to move. **SALLY BROMPTON**

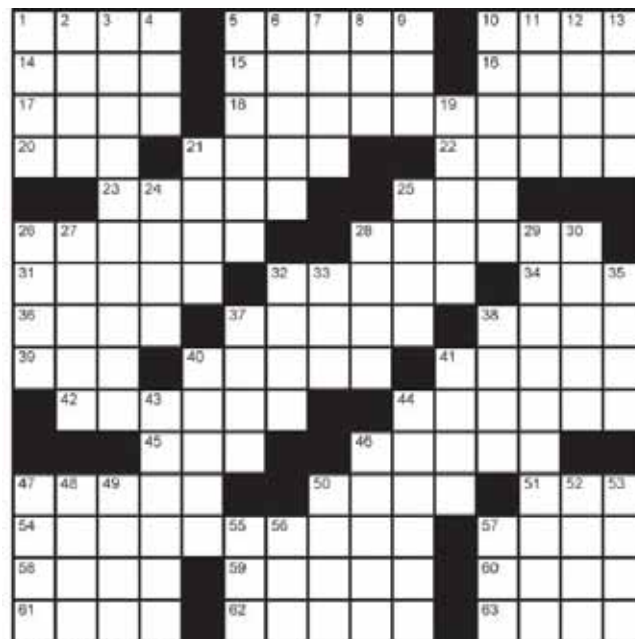
Stuff and No Nonsense

Across

1. Jewelry repository
5. Dreams: Fr.
10. Air Force installation
14. Go ____ great length: ramble (2 wds.)
15. It's west of BC
16. Specialty (in education, say)
17. "All You Need Is ____": 1967 Beatles chart-topper
18. They form the Alberta-BC border (2 wds.)
20. Yoko ____ Lennon
21. Destitute
22. Rental contract
23. People with computers
25. Part of kph or mph
26. Diamond weights
28. Gracious and elegant
31. One at ____: singly (2 wds.)
32. Blacksmith, while tending to horse hooves
34. How-____: instruction manuals
36. Inevitable outcome
37. Eucalyptus lover
38. High: Fr.
39. Before: poetic
40. World's biggest airline, by passengers
41. Popular Toyota model
42. Vancouver ____: Victoria's location
44. Hairpiece
45. PC key usually next to the spacebar
46. Symbolic Canadian leaf
47. "____ Little Prayer": Dionne Warwick hit (3 wds.)
50. Like an owl, proverbially
51. BC Hydro structure
54. Canada's government
57. Mexican coin
58. Norway's capital
59. Cycling legend Armstrong
60. Bend in a sink's pipe
61. Broadway attraction
62. Puts money into a poker pot before cards are dealt
63. African cobras

Down

1. On one's own
2. Before much longer, poetically
3. Teachers' pets
4. Québec summer
5. Copter blades
6. Reverberations
7. Abruptly change course
8. Corn unit
9. ____-Cat: winter vehicle
10. ____ dozen: 13
11. Operatic solo
12. Observes
13. Comfortable state
19. Cloudless
21. Baseball's Rose or Townshend of The Who
24. Identical
25. "Not guilty," for one
26. Bistro
27. "Centipede" and "Asteroids" video game company
28. Pepsi or Coke
29. Calgary CFL team
30. "Tag, ____ it!"
32. Vended
33. Chapeau
35. Eye problem



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37. Clark ____: Superman's alter ego
38. Drag along
40. Buddhism's ____ Lama
41. Contend with difficulties
43. Played it cool or stayed out of sight (2 wds.)
44. Samples a bit of (food)
46. Chop well, as garlic
47. Wall St. offerings
48. Part of Miss Canada's

- attire
49. "Alice's Restaurant" chronicler Guthrie
50. Got going
52. Stat!
53. Spill cleaners
55. ____ mode: with ice cream (2 wds.)
56. Chess or checkers piece
57. School fund-raising grp

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

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Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



Weather

TODAY

FRIDAY

SATURDAY



MAX: 9°
MIN: -1°



MAX: 8°
MIN: -3°



MAX: 11°
MIN: -1°



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